

Munster Athletics Juvenile Indoor Games

At Nenagh Indoor Arena

Saturday 11th November & Saturday 16th December 2006

Munster Athletics are organising two open fixtures, for Juvenile athletes in the Under 15 to 19 age categories. (2007 Age Groups. Born 1993 to 1989 inclusive)

These will be open to all eligible and registered athletes (Munster & Non Munster)

There will be no pre entry just arrive on the day, pay €4.00 at the door, complete a registration form, get your number and compete in what ever events you wish. The €4.00 fee, which will also apply to adults, is just to cover costs (Venue & First Aid fees)

As these fixtures are just a service to athletes and their coaches, wishing to check form and so on, before the championship season starts, there will be no medals or prizes.

In the Long Jump, Triple Jump and Shot it will be three attempts.

In the Shot, athletes throwing the same weight will be able to throw together, rather than by age.

In the High Jump, rather than run it by Age category, it will be done by opening height, with three different opening heights 1.20m, 1.40m & 1.60m. Athletes can choose the opening height that suits them best Athletes coming in at 1.20m, if still in the competition, may continue on with the 1.40 group The same applies to those coming in at 1.40m

In the Sprints & Hurdles Athletes will be seeded, by heat finishing place, into a series of finals (Example 32 athletes 4 heats : 1st & 2nd in each heat to Final A , 3rd & 4th to Final B, 5th & 6th to final C and 7th & 8th to Final D)

In the 200/300/400/ 800 & 1500m there will be just a series of timed heats, no finals. In the 200/300/400m if some athletes would like a second run this will be arranged, if time permits.

Time tables and registration forms can be downloaded from our web site www.munsterathletics.com

Further information from efitzpatrick@munsterathletics.com

The Rules of Nenagh Indoor Arena and the Munster Council of AAI will apply