

MUNSTER ATHLETICS

EVENT: **SENIOR & MASTERS INDOOR CHAMPIONSHIPS** Event Date: **17th January 2016**
 VENUE: **Nenagh Olympic Stadium, Nenagh, Co, Tipperary** First Event: **10:30am**
Closing Date for Entries : 8th January,
 see www.munsterathletics.com for entry forms

EVENTS – CENTRE TRACK			EVENTS – OUTSIDE TRACK		
10:45	Men Senior	60mH (3'6") (Times)	11:00	U23 & Senior Men	3000m
	Men O35	60mH (3'6") (Times)		U23, Senior & Masters Women	3000m
	Women Senior	60mH (2'9") (Times)		Masters Men (M35-49)	3000m
	Women O35	60mH (2'9") (Times)		Masters Men (M50+)	3000m
11:30	Senior Women	60m Heats	12:45	Senior Men	400m (Times)
	Masters Women	60m Heats (Times)		Senior Women	400m (Times)
	Senior Men	60m Heats			
	Masters Men	60m Heats (Times)	13:30	Men all Categories	800m (Times)
				Women all categories	800m (Times)
	Senior	60m FINALS			
			14:15	Men all Categories	200m (Times)
13:00	High Jump Mat 1	Senior W + W35 – 49		Women all Categories	200m (Times)
13:00	High Jump Mat 2	M50 – 70 +			
14:00	High Jump Mat 1	W50 – 70 +	15:15	Men all Categories	1500m
14:00	High Jump Mat 2	Senior M + M35 – 49		Women all Categories	1500m
			16:30	Senior & Masters	4 x 200m Relays
			16:45	Inter County O/50	4 x 200m Relays

FIELD EVENTS					
LONG JUMP			SHOT PUTT & WEIGHT THROW		
11:00	Long Jump Pit 1	Men Senior	11:00	Shot Putt (5kg)	M60 – 69
	Long Jump Pit 2	Women All Cat.	11:30	Shot Putt (6kg)	M50 – 59
12:00	Long Jump Pit 1	Masters Men	12:00	Shot Putt (4kg)	Senior W + W35 – 49
			12:30	Shot Putt (3kg)	W50 - 74
12:00	Triple Jump Pit 2	Senior Men & Women			
	Triple Jump Pit 2	U23/Junior Men/Women	14:00	Shot Putt (7.26kg)	Senior M + M35 – 49
11:00	Pole Vault	Senior Men & Women	15:30	Weight for Dist. 56lbs	Senior Men
	Pole Vault	Junior/U23 Men & Women		Weight for Dist.	Masters Men

Participating clubs must provide at least 2 people to assist with the smooth running of the Championships, failure to do so will mean that your Athletes will not be allowed to participate

It is the intention of Munster Athletics to enforce this regulation

Senior & Masters Indoor Championship REGULATIONS

1. Online entry only for all Munster Championship Events
2. Closing date for Entries: 8th January 2016
3. All Entries must come through the Club Secretary
4. Individual Entry Fee: €5 per event
5. Relay Team Entry Fee: €15
6. Masters athletes are only allowed to enter 4 Events
7. The order of events will be as listed.
8. The times listed are a guide only; events may be run ahead of time. Please listen to the P.A. for announcements.
9. All Walk races will be held as a single event on SUNDAY JANUARY 3rd.
10. An athlete is eligible to compete as a Master on or after their 35th birthday.
11. An athlete declaring as a Master MUST compete in the age category declared. There is no switching between age categories, i.e. Senior & Master.
12. Guest athletes are welcome to compete, and will be awarded a non-Championship medal where they finish in the top-three of an event.
13. Clubs paying by cheque should make it payable to Munster Athletics, not Athletics Ireland.
14. To avoid disappointment and embarrassment of Athletes clubs paying by cheque must ensure that the cheque is with the Competition Secretary by the Wednesday prior to the relevant Munster Championship
15. Athletes must use the designated warm up areas for warm up, any athlete who interferes with a competition while warming up will be red carded and barred from competing for the remainder of the day.
16. Club Colours must be worn.
17. Masters will receive 4 attempts in the long jump & throws events
18. No medals for the O/50 Inter County Relay
19. For track events, with the exception of the senior 60m, times will be used to decide medal placing.
20. STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS NO EXCEPTIONS
21. GUEST ATHLETES WELCOME BUT MUST BE REGISTERED WITH ATHLETICS IRELAND