

# MUNSTER ATHLETICS

**EVENT: SENIOR & MASTERS INDOOR CHAMPIONSHIPS**

**Event Date: 15<sup>th</sup> January 2016**

**StartEvent: 10:00am**

EVENTS – CENTRE TRACK			EVENTS – OUTSIDE TRACK		
10:45	Men Senior	60mH (3'6") (Times)	11:00	Senior Men	3000m
	Men O35	60mH (3'3") (Times)		Senior & Masters Women	3000m
	Women Senior	60mH (2'9") (Times)		Masters Men (M35-49)	3000m
				Masters Men (M50+)	3000m
11:45	Senior Women	60m Heats			
	Senior Men	60m Heats			
	Masters Women	60m Heats (Times)	12:45	Senior Men	400m (Times)
	Masters Men	60m Heats (Times)		Senior Women	400m (Times)
	Senior	60m FINALS			
			13:30	Men all Categories	800m (Times)
13:00	High Jump Mat 1	Senior W + W35 – 49		Women all categories	800m (Times)
13:00	High Jump Mat 2	M50 – 70 +			
14:00	High Jump Mat 1	W50 – 70 +	14:15	Men all Categories	200m (Times)
14:00	High Jump Mat 2	Senior M + M35 – 49		Women all categories	200m (Times)
			15:15	Men all Categories	1500m
				Women all categories	1500m
TBC	Pole Vault	All Categories	16:30	Senior & Masters	4 x 200m Relays
			16:45	Inter County Relay	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
11:30	Long Jump Pit 1	Senior W	11:30	Shot Putt (6kg)	M50 – 59
12:00	Triple Jump Pit 1	Senior Men & Women	12:00	Shot Putt (4kg)	Senior W + W35 – 49
11:00	Long Jump Pit 2	Masters Men O35-O45	12:30	Shot Putt (3kg)	W50 - 59
12:00	Long Jump Pit 2	Masters Men O50+			
12:30	Long Jump Pit 2	Masters W	14:00	Shot Putt (7.26kg)	Senior M + M35 – 49
			14:45	Shot Putt (3kg)	Women 60 – 74
			15:30	Weight for Dist.	Senior M & Masters M

**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: 10<sup>th</sup> January 2017
3. All Entries must come through the Club Secretary
4. Individual Entry Fee: €6 per event
5. Relay Team Entry Fee: €20
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 8th.
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. 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.
14. Club Colours must be worn.
15. Masters will receive 4 attempts in the long jump & throws events
16. No medals for the O/50 Inter County Relay
17. For track events, with the exception of the senior 60m, times will be used to decide medal placing.
18. STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS NO EXCEPTIONS
19. GUEST ATHLETES WELCOME BUT MUST BE REGISTERED WITH ATHLETICS IRELAND