



Munster Athletics



2018 Munster Junior & Under 23 / Senior & Masters Indoor Championships

Junior & Under 23 & All Walks : Weekend January 6th/7th

Senior & Masters: Sunday January 14th

Venue – Nenagh Indoor Arena

It is the responsibility of individual athletes and their clubs to ensure that athletes entered in the Munster Indoor Championships are medically fit to participate in these competitions and competent in their events. All athletes participating in these championships must be registered for 2018

Closing Dates:

For events on the weekend January 6th/7th

- Closing Date Wednesday Thursday 4th

For events on Sunday January 14th

- Closing Date Tuesday January 9th

Entry Fees

- €6 per event / Relay teams €20
- **NO INDIVIDUAL ENTRIES ACCEPTED ON COMPETITION DAY**
- Entries online – see www.munsterathletics.com

List of Events & Dates of Events:

Munster AAI Junior, U23, Senior & Masters Indoor T&F 2018									
Nenagh Indoor Arena									
				Sat. Jan 6th		Sun. Jan 7th		Sun. Jan 14th	
Jnr Men	U23 Men	Snr Men	Masters Men O35-O45	Masters Men O50+	Jnr Women	U23 Women	Snr Women	Masters Women O35-O45	Masters Women O50+
60m	60m	60m	60m	60m	60m	60m	60m	60m	60m
60mH	60mH	60mH	60mH		60mH	60mH	60mH	60mH	
200m	200m	200m	200m	200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m	400m	400m	400m	400m
800m	800m	800m	800m	800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m
	3000m	3000m	3000m	3000m		3000m	3000m	3000m	3000m
LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ
TJ	TJ	TJ			TJ	TJ	TJ		
PV	PV	PV			PV	PV	PV		
Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot
Wt for Dist	Wt for Dist	Wt for Dist	Wt for Dist	Wt for Dist					
Walk	Walk	Walk	Walk*	Walk*	Walk	Walk	Walk	Walk*	Walk*
Relay	Relay	Relay	Relay *	Relay **	Relay	Relay	Relay	Relay *	Relay **
Junior - Born in 1999, 2000, 2001, 2002									
Under 23 - Born in 1998, 1997, 1996									
Senior - Born in 2002 or earlier									
Masters - Categories O35, O40, O45..... (category determined by age on competition day)									
*Masters Walk Categories - O35, O50 & O65									
**Masters Relay - Inter Club O35 and Inter County O50 for Men, O45 for Women									
Entries & Further details @ www.munsterathletics.com , email indoorsecretary@munsterathletics.com									
Entry Fee €6 per Event, €20 per Relay Team									
<u>Closing Dates</u>									
Juniors & U23 & Walks - Wednesday January 3rd									
Seniors & Masters - Tuesday January 9th									

General Notes:

- ALL PAYMENTS SHOULD BE MADE ONLINE WITH ENTRIES. NO CHEQUE OR POSTAL ORDER PAYMENTS
- With the exception of the Junior, Under 23 & Senior 60m, results will be decided based on times in the event of heats being required.
- Wt. for Distance Event will be held outside for Safety Reasons
- NO INDIVIDUAL ENTRIES ACCEPTED ON COMPETITION DAY
- National Championships - Athletes enter these championships through their clubs. It is not the responsibility of the Munster Council AAI to enter any athletes.
- **Please be mindful of the electronic timing and other competitions in progress. Athletes who obstruct the electronic timing or interfere with other competitions will be red carded and disqualified from competing in anymore that day.** While such a misdemeanour by an athlete will more than likely be accidental, ignorance is not an excuse. Every athlete taking part is entitled to get their time, place and compete unimpeded.

Junior & Under 23 / Walks, January 6th/7th

- Guests can participate but must be registered.
- This event is being held in conjunction with the Munster Juvenile Multi Events
- Clubs entering athletes are expected to provide help on the day of competition, where insufficient help is available competitions will be cancelled.
- Club singlets must be worn.
- Stadium Rules must be adhered to.
- Events for which no entry has been received before the day of competition will be cancelled.
- Walks Distance is 3000m.
- Masters Walks Categories are O35, O50 & O65.
- The Triple Jump, & U23 3000m (no junior 3000m) will be held on Sunday January 14th with the Senior Championships.

Senior & Masters, January 14th

- Guests can participate but must be registered.
- Masters Categories for Men & Women O35, O40, O45, O50. etc
- Masters athletes can only compete in 4 individual events on the day of competition but can enter as many events as they want.
- For Masters shot, long jump & weight for distance – best of 4 attempts
- Eligible athletes may move up or down category to participate in a relay but may compete in only one relay.
- Inter Club Relay for O35 and Older
- Inter County Relay for O50 men / O45 Women (Challenge Relay only, no medals, entries on the day)
- Please Note, Some Masters Medals will be engraved with Competition & Age Group only

Cancellation of Championships

In the hopefully unlikely event that the Championships have to be cancelled at very short notice, notification will be posted on the Munster council website www.munsterathletics.com no later than 8am on the day of competition.

On behalf of the Munster Council AAI, I wish you and your club a Happy Christmas and successful 2018.

Kind Regards,

Padraig Kelly

Munster AAI, 5 Whiterock Drive, Whitebrook, Wexford. Co Wexford.

086 8689599

indoorsecretary@munsterathletics.com