



Munster Athletics

INDOOR CHAMPIONSHIPS 2019

Juvenile Indoor U9 – U11 + Senior, Junior, U23 & Masters 3K + All Walks

Day: **SATURDAY 9TH February**

Venue: **Nenagh Indoor Stadium, Nenagh**

ORDER OF EVENTS – SATURDAY 9TH February

EVENTS – CENTRE TRACK – Start 11:00am			EVENTS – MAIN TRACK – Start at 11: 00am		
Event	Age Categories	Type	Event	Age Categories	Type
60m Sprint	Girls Under 09	Heats	3k Walk	Women: Jnr, U23, Snr, O35, O50, O65	Finals
60m Sprint	Boys Under 09	Heats	3k Walk	Men: Jnr, U23, Snr, O35, O50, O65	Finals
60m Sprint	Girls Under 10	Heats			
60m Sprint	Boys Under 10	Heats	600m	Girls U11	Times
60m Sprint	Girls Under 11	Heats	600m	Boys U11	Times
60m Sprint	Boys Under 11	Heats	300m	Girls U09	Times
			300m	Boys U09	Times
			500m	Girls U10	Times
60m Sprint	Girls Under 09	Finals	500m	Boys U10	Times
60m Sprint	Boys Under 09	Finals			
60m Sprint	Girls Under 10	Finals	Not Before 2.30pm		
60m Sprint	Boys Under 10	Finals	3000m	Women Senior & O35 – O70	Times
60m Sprint	Girls Under 11	Finals	3000m	Men Junior, Senior & U23+	Times
60m Sprint	Boys Under 11	Finals	3000m	Men Senior M35 – M45	Times
			3000m	Men Senior M50+	Times

FIELD EVENTS

Long Jump 10:00am		Shot Putt	
Event	Age Categories	Event	Age Categories
Long Jump	Girls Under 11	Shot Putt	Girls Under 11
Long Jump	Boys Under 11	Shot Putt	Boys Under 11
Long Jump	Girls Under 09		
Long Jump	Boys Under 09		
Long Jump	Girls Under 10		
Long Jump	Boys Under 10		

SPRINT QUALIFICATION

Where heats are not required FINALS will be held at heat Time

2 Heats	First Three (3) plus the Two (2) best Times
3 Heats	First Two (2) Plus the Two (2) best Times
4 Heats	Winner plus Four (4) best Times
5 Heats +	9 Fastest times to the final

All times are approximate.

Times and Order of events may change in line with the progression of the events