# Munster Athletics

## INDOOR CHAMPIONSHIPS 2019

### Juvenile Indoor U9 – U11 + Senior, Junior & Masters 3k & 5k Races + All Walks

**Day:** SATURDAY 9TH February **Venue:** Nenagh Indoor Stadium, Nenagh

### *ORDER OF EVENTS* – SATURDAY 9TH February

**EVENTS – CENTRE TRACK – Start 11:00am**

| Event | Age Categories | Type |
|---|---|---|
| **60m Sprint** | Girls Under 09 | Heats |
| **60m Sprint** | Boys Under 09 | Heats |
| **60m Sprint** | Girls Under 10 | Heats |
| **60m Sprint** | Boys Under 10 | Heats |
| **60m Sprint** | Girls Under 11 | Heats |
| **60m Sprint** | Boys Under 11 | Heats |
| **60m Sprint** | Girls Under 09 | Finals |
| **60m Sprint** | Boys Under 09 | Finals |
| **60m Sprint** | Girls Under 10 | Finals |
| **60m Sprint** | Boys Under 10 | Finals |
| **60m Sprint** | Girls Under 11 | Finals |
| **60m Sprint** | Boys Under 11 | Finals |

**EVENTS – MAIN TRACK – Start at 11: 00am**

| Event | Age Categories | Type |
|---|---|---|
| **3k Walk** | Women: All Categories | Finals |
| **3k Walk** | Men: Junior & O65 | Finals |
| **5k Walk** | Men: Senior & O35 -O60 | Finals |
| | | |
| **600m** | Girls U11 | Times |
| **600m** | Boys U11 | Times |
| **300m** | Girls U09 | Times |
| **300m** | Boys U09 | Times |
| **500m** | Girls U10 | Times |
| **500m** | Boys U10 | Times |
| | | |
| **3000m** | Women Senior & O35 – O70 | Times |
| **3000m** | Men Junior & M60+ | Times |
| **5000m** | Men Senior & M35 – M55 | Times |

### FIELD EVENTS

**Long Jump 10:00am**

| Event | Age Categories |
|---|---|
| **Long Jump** | Girls Under 11 |
| **Long Jump** | Boys Under 11 |
| **Long Jump** | Girls Under 09 |
| **Long Jump** | Boys Under 09 |
| **Long Jump** | Girls Under 10 |
| **Long Jump** | Boys Under 10 |

**Shot Putt**

| Event | Age Categories |
|---|---|
| **Shot Putt** | Girls Under 11 |
| **Shot Putt** | Boys Under 11 |

### 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** |