

MUNSTER ATHLETICS

EVENT: SENIOR & MASTERS INDOOR CHAMPIONSHIPS

Event Date: 14th January 2017

Start Event: 10:00am

EVENTS – CENTRE TRACK			EVENTS – OUTSIDE TRACK		
10:45	Men Senior	60mH (3'6") (Times)	11:00	Senior & 23 Men	3000m
	Men O35	60mH (3'6") (Times)		Senior, U23 & 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	12:45	Men all Categories	400m (Times)
	Masters Women	60m Heats (Times)		Women all categories	400m (Times)
	Masters Men	60m Heats (Times)			
	Senior	60m FINALS	13:30	Men all Categories	800m (Times)
				Women all categories	800m (Times)
13:00	High Jump Mat 1	Women			
13:00	High Jump Mat 2	M50 – 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
			16:30	Senior & Masters	4 x 200m Relays
14:00	Pole Vault	Senior Men & Women	16:45	Inter County Masters 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 – 84
11:30	Long Jump Pit 1	Senior W	11:30	Shot Putt (6kg)	M50 – 59
12:00	Triple Jump Pit 1	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 - 74
12:00	Long Jump Pit 2	Masters Men O50+	13:30	Shot Putt (7.26kg)	Senior M + M35 – 49
12:30	Long Jump Pit 2	Masters W	15:00	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: 9th 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 7th.
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 Inter County Masters 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**
20. Some Masters Medals will be engraved with Competition and Age Category Only, not Competition, Age Group & Event as in Previous Years.