



Munster Athletics



2019 Munster Junior & Under 23 / Senior & Masters Indoor Championships

Walks & 3000m: Saturday February 9th
All other events: Sunday February 10th

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 2019

Closing Dates: Tuesday February 5th

Entry Fees

- €6 per event / Relay teams €15
- **NO INDIVIDUAL ENTRIES ACCEPTED ON COMPETITION DAY**
- Entries online – see www.munsterathletics.com

General Notes:

- **Junior, Under 23 and Senior Competitions will be run as a single event except for the Relays, Junior Hurdles, Junior Throws and Under 23 Weight.** Top 3 athletes will be given senior medals, top 3 juniors will be given junior medals, top 3 Under 23 will be given Under 23 medals. Athletes can medal in both the senior and junior or Under 23. For the 60m, performance in the final will take precedence over performance in the preliminary rounds when deciding junior & under 23 ranking.
- **Medals will not be Presented on Competition Day.** Medals will be distributed after the championships.
- 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, **if you have not entered, do not travel.**

- 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.
- Guests can participate but must be registered.
- 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.**
- 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)

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 all a successful 2019.

Kind Regards,

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