



Munster Athletics



2020 Munster Senior & Masters Indoor Championships

Walks & 3000m: Saturday February 15th
All other events: Sunday February 16th

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 2020

Closing Dates: Tuesday February 11th

Entry Fees

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

General Notes:

- **Some medals will be available on Competition Day, other 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 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. 3000m Categories – Jnr, U23, Senior & Masters
- Walks & 3000m will be held on Saturday February 15th
- Senior Pole Vault will be held on Sunday January 19th
- Masters Categories for Men & Women O35, O40, O45, O50. etc
- Masters athletes can only compete in 4 individual events on Sunday February 16th 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 2020.

Kind Regards,

Padraig Kelly
 Munster AAI, 5 Whiterock Drive, Whitebrook, Wexford. Co Wexford.
 086 8689599
indoorsecretary@munsterathletics.com