

FIFTH NORTH WEST INDOOR GAMES

ATHLONE INDOOR ARENA

DECEMBER 28th 2019

UNDER 12 Boys and Girls 60m, 60m Hurdles, 600m, 600m walk, shot, Long Jump, High Jump, 4 x 200m Relay

UNDER 14 Boys and Girls 60m, 60m Hurdles, 800m 1,000m walk shot, Long Jump, High Jump, 4 x 200m Relay

UNDER 16 boys and Girls 60m, 60m Hurdles, 400, 800m, 1,500m, 1,000m Walk, Long Jump, High Jump, 4x 200m Relay

UNDER 18 Men and Women 60m, 60m Hurdles, 400m, 800m, 1,000m Walk, 1,500m, Shot, Long Jump, High jump, Triple Jump, 4 x 200m Relay

JUNIOR Men and Women 60m, 60m hurdles, 400, 800m, 1,000m Walk, 1,500m, shot, long jump, triple jump, 4 x 200m Relay

Senior Men and Women 60m, 60m hurdles, 400, 800m, 1,000m Walk, 1,500m, shot, long jump, triple jump, 4 x 200m Relay

Masters Men and Women 60m, 60m hurdles, 400, 800m, 1,000m Walk, 1,500m, shot, long jump, triple jump, 4 x 200m Relay

Entry Fees Juveniles €5 per event. Senior/Masters €8 per event. Relays €20 per team

Three athletes per club per event

ENTRIES ON AAI ON-LINE SYSTEM CLOSING AT MIDNIGHT ON DECEMBER 14TH 2019. Athletes may step up one age and compete in a maximum of three events plus a relay. Entry to the U/12 Sprint Events 60m and 60m Hurdles are confined to athletes from North West (Donegal Derry, Tyrone, Fermanagh, Sligo, Leitrim)

All track events are time trials, only three attempts allowed in Long and Triple Jumps and Shot.

All athletes must wear club singlets.

U/12 athletes MAY use starting blocks, all other athletes MUST use blocks. IAAF false start rules will apply

Electronic timing will be in operation for all track events.

FOR FURTHER INFORMATION CONTACT Bernie o' Callaghan, 20 the Waterfront, Killybegs, Co Donegal.

MOBILE 087 2375899 OR At bernieocallaghan@gmail.com

ORDER OF EVENTS –FIRST EVENT 10 AM SHARP

Straight Track

10.00 AM 60m Hurdles M/ W

U/ 12, U/14, U/16, U/18

Junior, Senior, Masters

60m M/W

U/12, U/14, U/16, U/18

Junior, Senior Masters

OVAL TRACK

10.20 800m M/W

Junior, Senior, Masters,

U/18, U/16, U/14

600m

U/12 B/G

Race Walks M/W

600m U/12 B/G

1,000m all ages M/W

400m M/W

U/18, U/16, Jnr, Snr, Mst

1,500m M/W

U/16, U/18, Jnr, Snr, Mast

4 x200m Relays M/W

U/12, U/14, U/16, U/18

Junior, Senior, Masters

FIELD EVENTS

1000 Pit 1 U/18, Jun, Sen, Masters Women Triple Jump

U/18 Jun, Sen, Masters Men Triple Jump

1000 Pit 2 U/18 Jun, Sen, Masters Long Jump

Pit 2 U/16, U/18, Jun, Sen, Masters Men Long Jump

Pit 1 U/16, U/18, Jun, sen, Masters Women Long Jump

Pit 2. U/12 Girls Long Jump

Pit 1 U/12, U/14 Boys Long Jump

Pit 2 U/16 Boys Long Jump

Pit 1 U/14 Girls Long Jump

1000 U/12 Boys High Jump

U/12 Girls High Jump

U/14 Boys High Jump

U/14 Girls High Jump

U/16, U/18, Jun, Sen, Masters Women High Jump

U/16, U/18, Jun, Sen, Masters Men High Jump

1000 U/16, U/18, Jun, Sen, Masters Women Shot

U/12 Girls Shot

U/14 Girls Shot

U/12 Boys Shot

U/14 Boys Shot

U/16, U/18, Jun, Sen, Masters Men Shot