

# MUNSTER JUNIOR, UNDER 23, SENIOR & MASTERS INDOOR CHAMPIONSHIPS NENAGH INDOOR ARENA SUNDAY 6<sup>th</sup> JANUARY 2013



## List & Order of Events

### Field Events

Time	H.J. & PV	L.J.	T.J.	Shot
11.00		U23 & Snr M.	Women	Jnr M
12.00		Women	Men	U23, Snr Men & Masters Men
13.00	H.J. M & W.	Jnr M		Women
14.00	Pole Vault	Masters Men		56 Lbs WD

### Track Events

Time	Event
11.00	60m Hurdles
11.00	3K Walks
11.30	60m Heats
11.45	3000m
12.00	60m Finals
12.45	400m
13.45	800m
14.15	200m
15.00	1500m
15.45	4 x 200m Relays

Guests are welcome to participate but must be Registered.

The above sequence will be adhered to. Events may be brought forward depending on progress (Maximum variation from time table 1 Hour ahead up to 2pm, no restriction after 2pm)

### Notes

It is intended that the 60m Hurdles & Sprints, in the centre track, and the Walks & 3000m, on the outside track, will be proceeding simultaneously.

Where no entries have been received by the closing date for an event, that event will be cancelled.

200m & 400m Results will be decided based on times.

### Age Eligibility:

(Juniors Born 1997 to 1994 / Under 23 Born 1993, 1992, 1991 / Senior Born in or before 1997)

Eligible athletes can compete either junior / U23 / senior in the individual events but not both. i.e. an athlete is either junior / U23 / senior for the day (no chopping and changing)

Eligible athletes may move up or down category to participate in a relay but may compete in only one relay.

**NO INDIVIDUAL ENTIRES ACCEPTED ON DAY OF COMPETITION**

# MUNSTER JUNIOR, SENIOR & MASTERS INDOOR CHAMPIONSHIPS NENAGH INDOOR ARENA SUNDAY 8<sup>th</sup> JANUARY 2012



## List & Order of Events

### Field Events

Time	H.J. & PV	L.J.	T.J.	Shot
11.00		Snr M.	Women	Jnr M
12 00		Women	Men	Snr Men & Masters Men
13.00	H.J. M & W.	Jnr M		Women
14.00	Pole Vault	Masters Men		56 Lbs WD

### Track Events

Time	Event
11.00	60m Hurdles
11.00	3/5K Walks
11.30	60m Heats
11.45	3000m
12.00	60m Finals
12.45	400m
13.45	800m
14.15	200m
15.00	1500m
15.45	4 x 200m Relays

Guests are welcome to participate but must be Registered.

The above sequence will be adhered to. Events may be brought forward depending on progress (Maximum variation from time table 1 Hour ahead up to 2pm, no restriction after 2pm)

### Notes

It is intended that the 60m Hurdles & Sprints, in the centre track, and the Walks & 3000m, on the outside track, will be proceeding simultaneously.

Where no entries have been received by the closing date for an event, that event will be cancelled.

200m & 400m Results will be decided based on times.

### Age Eligibility:

(Juniors Born 1996 to 1993) (Senior Born in or before 1996)

Eligible athletes can compete either junior or senior in the individual events but not both. *i.e.* an athlete is either junior or senior for the day (no chopping and changing)

Eligible athletes may move up or down category to participate in a relay but may compete in only one relay.

**NO INDIVIDUAL ENTIRES ACCEPTED ON DAY OF COMPETITION**