

Masters Indoor Track & Field Championships of Ireland Nenagh

Sunday 11th January 2009
11.30am

For office use only

ENTRY FORM

Surname:

First Name:

Club:

D.O.B: - - 2009 Reg. No.

Contact No.

Email: _____

Entry Fee: €12.00 per event. Late Entry Penalty: €25.00

Please tick category: W35 ☐ W40 ☐ W45 ☐ W50 ☐ W55 ☐ W60 ☐ W65 ☐ W70 ☐
M35 ☐ M40 ☐ M45 ☐ M50 ☐ M55 ☐ M60 ☐ M65 ☐ M70 ☐ M75 ☐ M80 ☐

Closing Date: Friday 2nd January 2009

xxWomen		Men	
60m	<input type="checkbox"/>	60m	<input type="checkbox"/>
200m	<input type="checkbox"/>	200m	<input type="checkbox"/>
400m	<input type="checkbox"/>	400m	<input type="checkbox"/>
800m	<input type="checkbox"/>	800M	<input type="checkbox"/>
1500m	<input type="checkbox"/>	1500M	<input type="checkbox"/>
3000m	<input type="checkbox"/>	3000m	<input type="checkbox"/>
3K Walk	<input type="checkbox"/>	3K Walk	<input type="checkbox"/>
High Jump	<input type="checkbox"/>	High Jump	<input type="checkbox"/>
Long Jump	<input type="checkbox"/>	Long Jump	<input type="checkbox"/>
Shot	<input type="checkbox"/>	Shot	<input type="checkbox"/>

Return to: Competitions, 19 Northwood Court, Northwood Business Campus, Dublin 9

Disclaimer: All athletes understand they enter the event at their own risk and that AAI will not be responsible for any accident suffered or injury sustained by themselves from any cause whatsoever.

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Regulations & Timetable

- Athletes must wear their club colours
Only 5mm spikes may be used in both track and field
- A female athlete becomes a Master athlete on her 35th Birthday**
A male athlete becomes a Master on his 35th Birthday
- Athletes must check in at least **60 minutes** before the event on the day

TRACK				FIELD		
11.30	3000 walk	Women		11.30	High Jump	Women
11.50	3000 walk	Men		12.00	Long Jump	Men
12.15	800m	Women	Final			
12.30	800m	Men	Final	13.00	Shot Putt	Women
13.05	60m	Women	Heats			
13.20	60m	Men	Heats	13.15	Long Jump	Women
13.35	400m	Women	Final			
14.05	400m	Men	Final	13.45	Shot Putt	Men
14.45	60m	Women	Final			
14.55	60m	Men	Final			
15.10	3000m	Women	Final	14.45	High Jump	Men
15.25	200m	Women	Heats			
15.45	200m	Men	Heats			
16.10	1500m	Women	Final			
16.35	1500m	Men	Final			
17.00	3000m	Men	Final			
17.20	200m	Women	Final			
17.30	200m	Men	Final			

If necessary Finals will be held at Heat Time

Doping is Cheating AAI is Committed to Drugs Free Sport