

TIPPERARY ATHLETICS

EVENT: SENIOR & MASTERS INDOOR CHAMPIONSHIPS

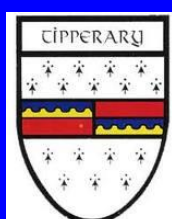
Event Date: 2nd January 2017

Start Event: 1.00pm

EVENTS – CENTRE TRACK			EVENTS – OUTSIDE TRACK		
			13.00	Men all Categories	2000m Walk
				Women all Categories	1000m Walk
	Sprints after 3000m				
	Senior Women	60m Heats		Men all Categories	400m (Times)
	Senior Men	60m Heats		Women all Categories	600m (Times)
	Masters Women	60m Heats			
	Masters Men	60m Heats			
		60m FINALS		Men all Categories	3000m
	High Jump	Senior W + W35 – 49		Men all Categories	800m (Times)
	High Jump	M50 – 70 +			
	High Jump	W50 – 70 +		Women all categories	1500m (Times)
	High Jump	Senior M + M35 – 49		Men all Categories	1500m (Times)
				Senior & Masters	4 x 200m Relays

FIELD EVENTS					
LONG JUMP			SHOT PUTT & WEIGHT THROW		
13:00	Long Jump	Men Senior	13:00	Shot Putt (5kg)	M60 – 69
	Long Jump	Senior W		Shot Putt (6kg)	M50 – 59
				Shot Putt (4kg)	Senior W + W35 – 49
	Long Jump	Masters Men 035-045		Shot Putt (3kg)	W50 - 59
	Long Jump	Masters Men 050+			
	Long Jump	Masters W		Shot Putt (7.26kg)	Senior M + M35 – 49
				Shot Putt (3kg)	Women 60 – 74
				Weight for Dist.	Senior M & Masters M

The Order of Events may be changed on the day depending on how events are progressing.



Senior & Masters Indoor Championship REGULATIONS

1. Online entry only for all County Championship Events
2. Closing date for Entries: **Thursday 29th December 2016**
3. All Entries must come through the Club Secretary
4. All athletes must be registered for 2017.
5. Club Singlets must be worn.
6. Individual Entry Fee: €3 per event
7. Relay Team Entry Fee: €6.00
8. The order of events may be changed on the day depending on how events are progressing.
9. An athlete is eligible to compete as a Master on or after their 35th birthday.
10. For individual events, an athlete declaring as a Master **MUST** compete in the age category declared. There is no switching between age categories, i.e. Senior & Master.
11. Guest athletes are welcome to compete, and will be awarded a non-Championship medal where they finish in the top-three of an event.
12. Masters will receive 4 attempts in the long jump & throws events
13. The Senior Men's 3000m will be a team race with the cumulative times of the first 3 in each team deciding the winning teams.
14. **STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS - NO EXCEPTIONS**
15. **GUEST ATHLETES WELCOME BUT MUST BE REGISTERED WITH ATHLETICS IRELAND**

