

TIPPERARY ATHLETICS

SENIOR & MASTERS INDOOR CHAMPIONSHIPS

Final Timetable

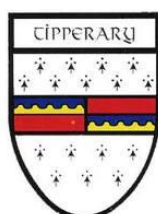
Event Date: 16th January 2022

Start
Event: 11.00am

EVENTS – CENTRE TRACK		EVENTS – OUTSIDE TRACK		
		11.00	Men all Categories	3km
	After 400m			
Senior Women	60m Hurdles Final			
Senior Men	60m Heats		Men all Categories	2km Walk
Senior Women	60m Final			
Master Women	60m Final		Senior Women	400m (Times)
Masters Men	60m Final		Men all Categories	400m (Times)
Senior Men	60m Final			
			SPRINTS	
High Jump	All age categories		Men all Categories	800m (Times)
	Women and Men		Master Women	300m (Times)
			Women all Categories	1500m (Times)
			Men all Categories	1500m (Times)
			Senior Women & Men	200m (Times)
			Senior & Masters	4 x 200m Relays

FIELD EVENTS					
LONG JUMP			SHOT PUTT & WEIGHT THROW		
11:00	Long Jump	Women All categories	11:00	Shot Putt (5kg)	M60 – 69
				Shot Putt (6kg)	M50 – 59
				Shot Putt (4kg)	Senior W + W35 – 49
	Long Jump	Men All categories		Shot Putt (3kg)	W50 - 59
				Shot Putt (7.26kg)	Senior M + M35 – 49
				Shot Putt (3kg)	Women 60 – 74
	Triple Jump	Senior Women		All Shot Putt competitions will be run together	
	Pole Vault	Senior & Master Women & Men		Weight for Dist.	All age categories Women and Men

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. This is a 2022 competition so 2022 ages apply.
2. Closing date for Entries: 14th January 2022 @ 6pm.
3. All Entries must come through the Club Secretary
4. All athletes must be registered for 2022.
5. Club Singlets must be worn.
6. Individual Entry Fee: €5 per event plus transaction fee of 0.59c.
7. Relay Team Entry Fee: €10.00 per team plus transaction fee of 0.59c.
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

