



## 2025 Munster Under 20, Senior & Masters Indoor Track & Field Championships

**Venue – Nenagh Indoor Arena  
Monday February 3<sup>rd</sup>  
3000m - Saturday March 7<sup>th</sup>**

It is the responsibility of individual athletes and their clubs to ensure that athletes entered in the Munster Indoor Championships are medically fit to participate in these competitions and competent in their events. All athletes participating in these championships must be registered for 2026

### Entry Fees

- €10 per event / Relay Teams €20 (*Late Entry €20 per Event*)
- **NO ENTRIES ACCEPTED ON COMPETITION DAY**
- Entries online – see <https://entry.athleticsireland.ie/#/>

### Closing Dates

- Standard Entry Closes Monday January 26<sup>th</sup> @ 6pm.
  - Late entry Closes Wednesday January 28<sup>th</sup> @ 11pm.
- **3000m Standard Entry Closes Monday March 2<sup>nd</sup> @ 6pm.**
  - Late Entry Closes Wednesday March 4<sup>th</sup> @ 11pm.

## **General Notes:**

- **PARKING – Please park in the Nenagh Railway Station if no parking available at the stadium**
- Entry online @ [entry.athleticsireland.ie](http://entry.athleticsireland.ie)
- Athletes may compete in only one category: U20, Senior or Masters
- For U23 Munster championships, results will be determined from the National U23 Indoor championships being held on March 14<sup>th</sup> in TUS, Athlone.
- With the exception of the U20 & Senior 60m, results will be decided based on times in the event of heats being required.
- Wt. for Distance Event will be held outside for Safety Reasons
- NO ENTRIES OR CHANGE OF ENTRIES ACCEPTED ON COMPETITION DAY, **if you have not entered, do not travel.**
- National Championships - Athletes enter these championships through their clubs/or themselves. It is not the responsibility of the Munster AAI to enter any athletes.
- Please be mindful of the electronic timing and other competitions in progress. Athletes who obstruct the electronic timing or interfere with other competitions will be red carded and disqualified from competing in anymore that day. While such a misdemeanour by an athlete will more than likely be accidental, ignorance is not an excuse. Every athlete taking part is entitled to get their time, place and compete unimpeded.
- **Guests** from other clubs outside of Munster are allowed to take part. Medals appropriate to their finishing position will be rewarded.
- Clubs entering athletes are expected to provide help on the day of competition, where insufficient help is available competitions will be cancelled.
- Club singlets must be worn.
- Stadium Rules must be adhered to.
- Events for which no entry has been received before the day of competition will be cancelled.
- **Walks Distance is 3000m for all categories.**
- Masters Categories for Men & Women O35, O40, O45, O50, etc, Age on competition day determines your masters category. All other Categories are determined by year of birth.
- For Masters shot, long jump, triple jump & weight for distance – best of 4 attempts
- Munster athletics reserves the right to publish photos of persons/athletes at the event as well as Athlete's names, age categories and club in results summaries.
- The events is registered with World Athletics

## ***Weights***

Men			Women		
Age Category	Shot (Kg)	Weight ((lb)	Age Category	Shot (Kg)	Weight ((lb)
<b>U20</b>	6	35	<b>U20</b>	4	20
<b>Senior</b>	7.26	56	<b>Senior</b>	4	28
<b>O35 – 49</b>	7.26	56	<b>O35 – 49</b>	4	28
<b>O50 – 59</b>	6	35	<b>O50 – 59</b>	3	20
<b>O60 – 69</b>	5	35	<b>O60 – 74</b>	3	20
<b>O70 – 79</b>	4	28	<b>O75+</b>	2	16
<b>O80+</b>	3	28			

Athletes can bring their own throwing implements, these must be checked in, please notify [pkelly@munsterathletics.com](mailto:pkelly@munsterathletics.com) before competition day if you are bringing your own implement.

## ***Hurdles Men***

Age Category	# Hurdles	Height	Approach	Interval	Finish
<b>U20</b>	5	99.1cm 3' 3	13.72	9.14	9.72
<b>Senior</b>	5	106.7cm 3' 6	13.72	9.14	9.72
<b>O35 – 49</b>	5	99.1cm 3' 3	13.72	9.14	9.72
<b>O50 – 59</b>	5	91.4cm 3' 0	12.00	8.00	16.00
<b>O60 – 69</b>	5	83.8cm 2' 9	12.00	7.00	20.00
<b>O70 – 79</b>	5	76.2cm 2' 6	12.00	7.00	20.00
<b>O80+</b>	5	68.6cm 2' 3	12.00	7.00	20.00

## ***Hurdles Women***

Age Category	# Hurdles	Height	Approach	Interval	Finish
<b>U20</b>	5	83.8cm 2' 9	13.00	8.50	13.00
<b>Senior</b>	5	83.8cm 2' 9	13.00	8.50	13.00
<b>O35 – 39</b>	5	83.8cm 2' 9	13.00	8.50	13.00
<b>O40 – 49</b>	5	76.2cm 2' 6	12.00	8.00	16.00
<b>O50 – 59</b>	5	76.2cm 2' 6	12.00	7.00	20.00
<b>O60 +</b>	5	68.6cm 2' 3	12.00	7.00	20.00

## **Cancellation of Championships**

In the hopefully unlikely event that the Championships have to be cancelled at very short notice, notification will be posted on the Munster council website [www.munsterathletics.com](http://www.munsterathletics.com) no later than 8am on the day of competition.

*Kind Regards,*

Pádraig Kelly  
Senior Indoor Secretary  
086 8689599  
[pkelly@munsterathletics.com](mailto:pkelly@munsterathletics.com)

# **MUNSTER ATHLETICS**

## **Under 20, Senior & Masters Indoor Championships**

**Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary**

**PROVISIONAL TIMETABLE – Monday February 2<sup>nd</sup>**

<p><b><u>Outside Track</u></b></p> <p><b>10:00am 3000m Walks</b> All Categories</p> <p><b><u>Centre Track</u></b></p> <p><b>10:30am 60m Hurdles</b> Women, Master Men, U20 U23 &amp; Snr</p> <p><b>11:00am 60m Sprints</b> Women U20/Snr Masters Women Men U20/Snr Masters Men</p> <p><b>12:00pm 60m Sprint Final</b></p> <p><b><u>Outside Track</u></b></p> <p><b>12:45pm 400m</b> Women Men</p> <p><b>1:30pm 1500m</b> Women Men</p> <p><b>2:15pm 200m</b> Women Men</p> <p><b>3:15pm 800m</b> Women Men</p> <p><b>4:15pm Relays</b></p> <p><b>Order for 60m &amp; Outside Track Events :</b> Women followed by Men U20 &amp; Snr followed by Masters</p>	<p><b><u>Throws</u></b></p> <p><b>10:30am Shot Putt Women</b> Masters followed by U20/Snr</p> <p><b>12:00pm Shot Put Men</b> O70+, Snr &amp; O35-49, U20 &amp; O50+, O60+,</p> <p><b>2:00pm Weight for Distance Women</b> O50+ &amp; U20, Snr &amp; O35-49</p> <p><b>3:15pm Weight for Distance Men</b> O70+, Snr &amp; O35-49, U20 &amp; O50+</p> <p><b><u>Jumps</u></b></p> <p><b>11:00am Long Jump Men</b> U20/Snr followed by Masters</p> <p><b>12:15pm Long Jump Women</b> U20/Snr followed by Masters</p> <p><b>2:00pm Triple Jump</b> All Categories</p> <p><b>1:30pm High Jump (Centre Track)</b></p> <p><b>11:00am Pole Vault Women</b> All Categories</p> <p><b>1:30pm Pole Vault Men</b> All Categories</p>
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- **NO ENTRIES ACCEPTED ON COMPETITION DAY**
- U20 & Senior athletes will compete together where possible.
- Throws & Jumps – Masters 4 attempts, Seniors 6 attempts for top 8

**The Programme may be updated after close of entry.**

**Registered With World Athletics**

[www.munsterathletics.com](http://www.munsterathletics.com)  
[Live Results @ live.munsterathletics.com](http://Live Results @ live.munsterathletics.com)

# **MUNSTER ATHLETICS**

## **Under 20, Under 23, Senior & Masters Indoor Championships**

**Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary**

***TIMETABLE – Saturday March 7<sup>th</sup>***

***3000m @ ~ 4.30pm***

***Women All Categories***

***Men U20/Snr***

***Men O35-49***

***Men O50-64***

***Men O65+***

- €10 per event (***Late Entry €20 per Event***)

- ***NO ENTRIES ACCEPTED ON COMPETITION DAY***

- Entries online – see <https://entry.athleticsireland.ie/#/>

- ***3000m Standard Entry Closes Monday March 2<sup>nd</sup> @ 6pm.***

- ***Late Entry Closes Wednesday March 4<sup>th</sup> @ 11pm.***

**The Programme may move up to 30 minutes ahead of the scheduled time.**

**Guest Athletes welcome**

[www.munsterathletics.com](http://www.munsterathletics.com)

[Live Results @ live.munsterathletics.com](http://Live Results @ live.munsterathletics.com)