



# Munster Athletics



## 2024 Munster Under 20, Under 23, Senior & Masters Indoor Track & Field Championships

Venue – Nenagh Indoor Arena  
Monday February 5<sup>th</sup>

**3000m - Saturday February 24<sup>th</sup>**, 3000m Walks - Saturday March 2<sup>nd</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 2024

### 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 Friday January 26<sup>th</sup> @ 6pm.**
  - Late entry Closes Monday January 29<sup>th</sup> @ 11pm.
- **3000m Standard Entry closes Friday February 16<sup>th</sup> @ 6pm.**
  - Late Entry Closes Monday February 19<sup>th</sup> @ 11pm.
- **3000m Walks Standard Entry Closes Friday February 23<sup>rd</sup> @ 6pm.**
  - Late Entry Closes Monday February 26<sup>th</sup> @ 11pm.

### General Notes:

- Entry online @ [entry.athleticsireland.ie](https://entry.athleticsireland.ie)
- U20, U23 & Senior athletes will compete together where possible. Top three athletes will be awarded the senior medals. Medals will be awarded to the top three U20s and U23s.
  - Only the Gold medals in the U23 Category will be engraved with the event
- Masters medals will not have the event engraved
- With the exception of the U20, U23 & 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.**
- 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>U23</b>	7.26	35	<b>U23</b>	4	28
<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 you 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>U23</b>	5	106.7cm 3' 6	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*

<b>Age Category</b>	<b># Hurdles</b>	<b>Height</b>	<b>Approach</b>	<b>Interval</b>	<b>Finish</b>
<b>U20</b>	5	83.8cm 2' 9	13.00	8.50	13.00
<b>U23</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,*

Padraig Kelly

Munster AAI, 5 Whiterock Drive, Whitebrook, Wexford. Co Wexford.

086 8689599

[pkelly@munsterathletics.com](mailto:pkelly@munsterathletics.com)

# MUNSTER ATHLETICS

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

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary

**TIMETABLE – Monday March February 5<sup>th</sup>**

**A more detailed Time Table will be Published after Competition Entries are Received**

<p><u>Centre Track</u> 10:30am 60m Hurdles 11:00am 60m Sprints 12:00pm 60m Sprint Final</p> <p><u>Outside Track</u> 12:45pm 400m 1:30pm 1500m 2:15pm 200m 3:15pm 800m 4:15pm Relays</p> <p><u>Order for Track Events :</u> Women followed by Men U20/U23/Snr followed by Masters</p>	<p><u>Throws</u> 10:30am Shot Putt Women 11:30am Shot Putt Men 1:30pm Weight for Distance Women 2:15pm Weight for Distance Men</p> <p><u>Jumps</u> 11:00am Long Jump Men 12:15pm Long Jump Women 2:00pm Triple Jump All</p> <p>11:00am Pole Vault Men 1:00pm Pole Vault Women</p> <p>1:30pm High Jump (Centre Track)</p>
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  - Standard Entry Closes Friday January 26<sup>th</sup> @ 6pm.
    - Late entry Closes Monday January 29<sup>th</sup> @ 11pm.

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

**Guest Athletes welcome  
Registered With World Athletics**

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

# **MUNSTER ATHLETICS**

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

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary

**TIMETABLE – Saturday February 24<sup>th</sup>**

**3000m @ 4.30pm**

**Women All Categories**

**Men U20/U23/Snr**

**Men O35-49**

**Men O50-64**

**Men O65+**

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

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

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary

*TIMETABLE – Saturday March 2<sup>nd</sup>*

*Walks all Categories @ 10am*

- €10 per event (**Late Entry €20 per Event**)
- **NO ENTRIES ACCEPTED ON COMPETITION DAY**
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- 3000m & Walks Standard Entry Closes Friday February 23<sup>rd</sup> @ 6pm.
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