



Masters Indoor Track & Field Championships of Ireland Nenagh



20th January 2007
11.30am

For office use only

ENTRY FORM

Surname:

First Name:

Club:

D.O.B: -- 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

Closing Date: Friday 5th January 2007

Women		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"/>

Entries to: Chair of Competition, AAI, 13 Joyce Way, Parkwest Business Park, Dublin 12

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.

Masters Regulations & Timetable

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

TRACK				FIELD		
11.30	3000 walk	Women				
	3000 walk	Men		12.00	Long Jump	Men
12.15	800m	Women	Final	12.00	High Jump	Women
	800m	Men	Final	13.00	Shot Putt	Women
12.45	60m	Women	Heats			
	60m	Men	Heats	13.15	Long Jump	Women
13.15	400m	Women	Heats			
	400m	Men	Heats	13.45	Shot Putt	Men
14.00	60m	Women	Final			
	60m	Men	Final			
14.15	3000m	Women	Final	14.45	High Jump	Men
14.45	200m	Women	Heats			
	200m	Men	Heats			
15.30	1500m	Women	Final			
	1500m	Men	Final			
16.00	400m	Women	Final			
	400m	Men	Final			
16.15	3000m	Men	Final			
16.45	200m	Women	Final			
	200m	Men	Final			

If necessary Finals will be held at Heat Time

Doping is Cheating AAI is Committed to Drugs Free Sport