

30k Race Walking Championships of Ireland

Phoenix Park

1 5th December 2007
11am

For office use only

Entry Form

Surname:

First Name:

Club:

D.O.B: Reg. No.

Contact No's.

Entry on the day: €12.00
Only athletes born in 1988 and over on the 31st December in the year of competition are eligible for races of 10,000m and over.

Check-In at Race Start Area

Entries to:
Competitions
19 Northwood Court
Northwood Business Campus
Dublin 9

Queries to: Ray Flynn, Meet Director, 087 7675215
AAI Office: 01 8869933

Regulations

1. Registration numbers and date of birth must be shown on all forms
2. Club colours must be worn. Singlet and shorts markings must conform to current I.A.A.F. rules.
3. Entries without fees and registration numbers will be rejected.
4. Athletes must check -in at least **60 minutes** before the event. **Collecting a number does not necessarily constitute checking-in.**
5. Under IAAF rules doping control may be conducted at any Championships.

Doping is Cheating AAI is Committed to Drugs Free Sport