

Woodie's DIY Indoor Interclub Relay Championships of Ireland

Saturday 23rd January 2010

ENTRY FORM

Club:

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Contact No.

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Closing date: Wednesday 13th January 2010

Please ☒ Event in columns below

Men 60 m Shuttle Hdls x 2	
Men 4 x 200m	
Men 4 x 400m	
Men 3 x 800m	
Men 3000m Team x 3 to Score *	
3 x 1000m Walk (Inter County)	
Men High Jump x 2	
Men Long Jump x 2	
Men Shot x 2	
56lbs x 2 for distance plus (Senior Indoor Championships)	
Men Triple Jump x 2	

Women 60m Shuttle Hdls x 2	
Women 4 x 200m	
Women 4 x 400m	
Women 3 x 800m	
Women Triple Jump x 2	
Women Shot x 2	
Women Long Jump x 2	
Women High Jump x 2	

Team Race 6 to Run 3 to Score

Name	Reg.	DOB	Office Use

1. Check-in sixty minutes before event.
2. **Entry Fees: 10 euro x number of members on team**
20 euro per team of two,
30 euro per team of three
40 euro per team of four
3. No fax or phone entries
4. Athletes must wear club singlets
5. Athletes must be aged 16 years or over on 31st December in the year of competition
6. Entries accompanied by Cheque/Postal Order/Money Order to
Competitions, 19 Northwood Court, Northwood Business Campus, Dublin 9

**Senior, Junior & Masters
Combined Events
Indoor Championships of Ireland
&
Interclub Relay
Championships of Ireland**

Saturday 23rd January 2010

TIMETABLE TO INCLUDE COMBINED EVENTS

<u>TRACK</u>				<u>FIELD</u>		
12.00	60m Hdles.	Women	Final	12.00	56 lbs x 2	Men
12.30	60m Hdles.	Men	Final		(To include Championship of Ireland)	
				12.30	Long Jump x 2	Women
13.00	4x200m	Women	Heats			
13.15	4x200m	Men	Heats	13.30	Long Jump x 2	Men
13.30	3x800m	Women	Final	13.30	Shot Putt x 2	Women
13.40	3x800m	Men	Final	14.30	Shot Putt x 2	Men
13.50	4x400m	Women	Heats			
14.05	4x400m	Men	Heats	14.40	High Jump x 2	Women
14.20	3000m *	Men	Final			
14.40	4x200m	Women	Final			
14.50	4x200m	Men	Final			
15.00	3x1000m Walk	Inter County	Final	15.00	Triple Jump x 2	Women
15.20	4x400m	Women	Final			
15.35	4x400m	Men	Final	15.40	High Jump x 2	Men
15.50	800m (CE) +	Women	Final	15.45	Triple Jump x 2	Men
16.00	1000m (CE)+	Men	Final			

*** Team Race 6 to Run 3 to Score
+ Combined events**

Finals will be held at Heat time

All athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping Policy