

AAI SENIOR TRACK & FIELD

CHAMPIONSHIPS OF IRELAND

Morton Stadium, Santry

(10,000M Team Event in conjunction with Championships)

10th & 11th July 2010

Surname:

First Name:

Club:

Date of Birth: 2010 Reg. No.

Phone No/ Email.

Entry Fee: €15.00 per event Late Entry Fee: €25.00

Entries to: Competition, 19 Northwood Court, Northwood Business Campus, Dublin 9

Closing Date for Entries: Wednesday 30th June 2010 (entries will be accepted in the office until 4pm on Thursday 8th July accompanied by the late entry fee)

Late entry on the day will only be accepted between 10am – 11am.

MEN		WOMEN	
100m	<input type="checkbox"/>	100m	<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"/>
5000m	<input type="checkbox"/>	5000m	<input type="checkbox"/>
10,000m (Team 6 to run, 3 to score)*	<input type="checkbox"/>		
110m H	<input type="checkbox"/>	100m H	<input type="checkbox"/>
400m H	<input type="checkbox"/>	400m H	<input type="checkbox"/>
3000m S/C	<input type="checkbox"/>	3000m Steeplechase	<input type="checkbox"/>
10,000m Walk	<input type="checkbox"/>	5,000m Walk	<input type="checkbox"/>
High Jump	<input type="checkbox"/>	High Jump	<input type="checkbox"/>
Long Jump	<input type="checkbox"/>	Long Jump	<input type="checkbox"/>
Triple Jump	<input type="checkbox"/>	Triple Jump	<input type="checkbox"/>
Pole Vault	<input type="checkbox"/>	Pole Vault	<input type="checkbox"/>
Shot Putt	<input type="checkbox"/>	Shot Putt	<input type="checkbox"/>
Discus	<input type="checkbox"/>	Discus	<input type="checkbox"/>
Javelin	<input type="checkbox"/>	Javelin	<input type="checkbox"/>
Hammer	<input type="checkbox"/>	Hammer	<input type="checkbox"/>
56lb Distance <input type="checkbox"/> 56lb Height	<input type="checkbox"/>		
Junior Men 35lb Height (€10.00)	<input type="checkbox"/>		
Junior Men 3000m €10.00)	<input type="checkbox"/>		

*Separate entry form for 10,000m team event

General Information

- Athletes must be 16 years or over on 31st December in the year of Competition
- Registration numbers and date of birth must be shown on all forms
- Entries received after the closing date must be accompanied by a late entry fee of €25.00
- Late entries will be accepted up to 90 minutes prior to an event and must be accompanied by the appropriate late entry fee
- Athletes must check-in at least 60 minutes before their event. **Collecting a number does not necessarily constitute checking-in.** Please take care
- A dope control under IAAF Rules may be conducted at any Championships. Any athlete selected for testing who fails to attend as required or who fails to deliver a satisfactory sample render themselves liable to suspension.
- Athletes must wear their official club singlet
- Lane draws and seeding will be in operation as per IAAF in semi finals and finals
- A Call room will be in operation**

Athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping document. Minors must have Parental/Guardian consent and signature. Forms available on our website: www.athleticsireland.ie

Provisional Timetable

Saturday

Track				Field		
				11.45	Hammer	Women
12.40	5,000m Walk	Women	F			
13.15	400m Hurdles	Men	H	12.45	Triple Jump	Women
13.30	200m	Women	H	12.30	Pole Vault	Women
13.40	200m	Men	H	13.15	Shot Putt	Men
14.00	3000m S/C	Women	F	14.00	Discus	Women
14.15	800m	Women	H	14.50	High Jump	Men
14.25	800m	Men	H			
14.50	10,000m (Team)*	Men	F	15.00	Long Jump	Women
15.25	200m	Women	F			
15.35	200m	Men	F	15.45	Javelin	Women
15.45	3000m Junior	Women	F	16.20	35lbs Height	Jun/ U23 Men
16.00	1500m	Men	H	16.20	56lbs Height	Men
16.25	5,000m	Women	F			
16.50	110m Hurdles	Men	H			
17.00	400m	Women	H			
17.10	400m	Men	H			
17.20	1500m	Women	H			

* See separate entry form

Track				Field		
11.30	100m	Men	H			
12.00	10,000m Walk	Men	F	10.30	Hammer	Men
13.10	100m	Paralympics	F	12.00	Pole Vault	Men
13.20	100m	Women	H			
13.30	100m	Men	SM	12.30	Long Jump	Men
13.40	3000m S/C	Men	F	13.00	Discus	Men
13.55	100m Hurdles	Women	F			
14.05	110m Hurdles	Men	F	13.15	Shot Putt	Women
14.15	800m	Women	F	14.30	High Jump	Women
14.25	800m	Men	F			
14.35	5000m	Men	F			
15.00	400m Hurdles	Women	F	15.00	Triple Jump	Men
15.10	400m Hurdles	Men	F	15.00	Javelin	Men
15.20	400m	Women	F			
15.30	400m	Men	F			
15.40	3000m Junior	Men	F	15.15	56lbs Distance	Men
15.55	100m	Women	F			
16.05	100m	Men	F			
16.15	1500m	Women	F			
16.25	1500m	Men	F			

This timetable may be subject to change. Please be alert. In the event of heats proving to be unnecessary, Finals at Final Time