

Senior Relay Championships of Ireland Mardyke, Cork

24th June 2007 - Start Time 15.00

Please Note

Only Track Events will held on the 24th June, Field events will be held in conjunction with the Senior Track & Field Championships 21st & 22nd July 2007

For office use only

ENTRY FORM

Club:

Entry Fee: €8.00 per number competing i.e. 3 x 800m = €24

Closing Date: Friday 10th June 2007

Events

| Women | | Men | |
|---|--------------------------|--|--------------------------|
| 4 x 100m | <input type="checkbox"/> | 4 x 100m | <input type="checkbox"/> |
| 4 x 400m | <input type="checkbox"/> | 4 x 400m | <input type="checkbox"/> |
| 3 x 800m | <input type="checkbox"/> | 3 x 800m | <input type="checkbox"/> |
| 3 x 1600m | <input type="checkbox"/> | 5000m Team | <input type="checkbox"/> |
| Inter County Walk (1 man + 2 women 2 Men + 1 Women) | <input type="checkbox"/> | (6 to Run, 3 to Score) | |
| | | 3000m Team Masters (6 to Run, 3 to Score) | <input type="checkbox"/> |

If necessary Finals will be held at Heat Times

Completed entry forms to: Chair of Competition, AAI, 19, Northwood Court,
Northwood Business Campus, Dublin 9

General Information

- Athletes must wear their official club singlet.
- Athletes must check-in at least 60 minutes before their event. Collecting a number does not necessarily constitute checking-in. Please take care.

SIGNED _____ CLUB OFFICIAL

Contact No. _____



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Team Declaration Sheet

Club:

Event: _____

| Reg No. | Name | DOB |
|---------|------|-----|
| | | |
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| | | |
| | | |
| | | |
| | | |

Signed: _____ Date: _____
Club Official

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TIMETABLE

| Track | | |
|-------|-------------|---|
| 15.00 | 2 x Hurdles | Women |
| | 2 x Hurdles | Men |
| 15.10 | 4 X 100m | Women |
| | 4 x 100m | Men |
| 15.25 | 3 x 800m | Women |
| | 3 x 800m | Men |
| 15.40 | 3000m | Master Men Team (6 to run - 3 to score) |
| 16.00 | 5000m | Team Race Men (6 to run - 3 to score) |
| 16.20 | 4 x 400 m | Women |
| | 4 x 400 m | Men |
| 16.35 | 3 x1600 m | Inter County Walk (1 man + 2 women) or (2 men + 1 women) |

Athletes who enter for Senior & Junior Competition may be subject for
selection for testing under the Anti Doping document

Doping is Cheating AAI is Committed to Drugs Free Sport