



Junior Indoor Track & Field Championships of Ireland Nenagh



Saturday 24th January 2009

For office use only

ENTRY FORM

Surname:

First Name:

Club:

D.O.B: -- Reg. No.

(2009 Reg. No.)

Contact No.

Entry Fee: €10.00 per event. Late Entry Penalty: €25.00

Return to: 19 Northwood Court, Northwood Business Campus, Dublin 9

Closing date for entries: Wednesday 14th January 2009

MEN	
60M Hdlis	
60m	
200m	
400m	
800m	
1500m	
3000m	
3000m Walk	
Long Jump	
Triple Jump	
High Jump	
Shot Putt	
Pole Vault	
35lbs	

WOMEN	
60M Hdlis	
60m	
200m	
400m	
800m	
1500m	
3000m	
3000m Walk	
Long Jump	
Triple Jump	
High Jump	
Shot Putt	
Pole Vault	

1. Athletes must wear club colours. It is strictly **5mm spikes** in both Track & Field
2. Athletes must be age 16 years or over and under 20 years of age on 31st December in the year of competition. (1990, 91, 92 & 93)
3. Athletes must check in at least 60 mins before event time.

Doping is cheating Athletics Ireland is committed to Drugs Free Sport

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



**Junior Indoor Track & Field
Championships of Ireland
Nenagh
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Track				Field		
11.15	3000m W	Women	Final	11.00	Pole Vault	W & M
11.40	3000m W	Men	Final			
12.00	1500m	Women	Final	11.00	Long Jump	Men
12.10	1500m	Men	Final	12.15	High Jump	Women
12.20	400m	Women	Heats			
12.35	400m	Men	Heats			
12.50	60m	Women	Heats/Final	13.30	Long Jump	Women
13.05	60m	Men	Heats/Final	13.30	35lbs Dist	Men
13.25	800m	Women	Heats			
13.35	800m	Men	Heats			
13.50	200m	Women	Heats	14.05	Shot Putt	Men
14.05	200m	Men	Heats			
14.25	60m Hdls	Women	Heats/Final	14.30	Triple Jump	Men
14.35	60m Hdls	Men	Heats/Final			
14.50	400m	Women	Final			
15.00	400m	Men	Final			
15.10	60m	Women	Final	15.15	Shot Putt	Women
15.20	60m	Men	Final			
15.30	3000m	Women	Final	15.30	Triple Jump	Women
15.45	3000m	Men	Final	15.30	High Jump	Men
16.00	800m	Women	Final			
16.10	800m	Men	Final			
16.20	200m	Women	Final A&B			
16.30	200m	Men	Final A&B			

Please note: Finals will be held at Final Time