

Masters Track & Field Championships of Ireland Mullamore Harriers Stadium

Sunday 15th August 2010

For office use only

ENTRY FORM

Surname:

First Name:

Club:

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

Contact No.

Entry Fee: €15.00 per event - Late entry Fee: €25

Closing Date: August 2010

Please tick

Women: W35 W40 W45 W50 W55 W60 W65 W70 W75

Men: M35 M40 M45 M50 M55 M60 M65 M70 M75 M80

Women	Men
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"/>
3000m <input type="checkbox"/>	5000m <input type="checkbox"/>
3K Walk <input type="checkbox"/>	5 K Walk <input type="checkbox"/>
High Jump <input type="checkbox"/>	High Jump <input type="checkbox"/>
Long Jump <input type="checkbox"/>	Long Jump <input type="checkbox"/>
Javelin <input type="checkbox"/>	Javelin <input type="checkbox"/>
Shot <input type="checkbox"/>	Shot <input type="checkbox"/>
Discus <input type="checkbox"/>	Discus <input type="checkbox"/>
Hammer <input type="checkbox"/>	Hammer <input type="checkbox"/>
	Weight for Dist. <input type="checkbox"/>

- 1 A female athlete becomes a Master athlete on her 35th Birthday
- 2 A male athlete becomes a Master on his 35th Birthday
- 3 Registration numbers and date of birth must be shown on all forms
- 4 Maximum 5 events per individual
- 5 Athletes must wear their official club singlet

No Fax or Phone entries accepted

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

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TIMETABLE

<u>TRACK</u>				<u>FIELD</u>		
11.00	100 m	Women	*Timed			
11.25	100 m	Men	*Timed	11.00	Shot	M35 to M55 Men
11.55	3000 m	Women	Final	11.00	Hammer	M60 + Men
				11.00	Javelin	W35 + Women
				12.30	Shot	M60 + Men
				12.30	Shot	W35 + Women
12.10	3000m Walk	Women	Final	12.30	Hammer	M35 to M55 Men
12.40	5000m Walk	Men	Final	14.00	Discus	M35 to M55 Men
13.10	200m	Women	*Timed	14.00	Javelin	M60 + Men
13.30	200m	Men	*Timed			
				14.00	Hammer	W35 + Women
14.10	800m	Women	Final	15.00	Discus	W35 + Women
14.30	800m	Men	Final			
15.00	5000m	Men R1	Final	15.30	Javelin	M35 to M55 Men
15.25	5000m	Men R2	Final			
15.50	400m	Women	Final	15.30	Discus	M60 + Men
16.10	400m	Men	Final			
16.30	1500m	Women	Final	<u>JUMPS</u>		
16.45	1500m	Men	Final	13.15	High Jump	M35 – M60 Men
				13.15	Long Jump	Women
				15.30	High Jump (M65+)?	Men/ Women
17.00	4 x 100m ?	Women	Final	15.15	Long Jump	Men
17.10	4 x 100m ?	Men	Final	16.00	56lbs for distance	Men
17.20	4 x 400m ?	Women	Final			
17.30	4 x 400m ?	Men	Final			

***100m and 200m will be decided on times if heats prove necessary**

Please note this timetable is subject to change, if necessary the programme will be brought forward.

WMA Hurdles and Implements Specifications

Women		Race	Hurdle	Number	To1st	Between	To
Hurdles		Distance	Height	Hurdles	Hurdle	Hurdles	Finish
Short	35-39	100m	.840m(33")	10	13m	8.5m	10.5m
	40-49	80m	.762m(30")	8	12m	8.0m	12m
	50-59	80m	.762m(30")	8	12m	7.0m	19m
	60+	80m	.686m(27")	8	12m	7.0m	19m
Indoor	35-39	60m	.840m(33")	5	13m	8.5m	13m
	40-49	60m	.762m(30")	5	12m	8m	16m
	50-59	60m	.762m(30")	5	12m	7m	20m
	60+	60m	.686m(27")	5	12m	7m	20m
Long	35-39	400m	.762m(30")	10	45m	35m	40m
	40-49	400m	.762m(30")	10	45m	35m	40m
	50-59	300m	.762m(30")	7	50m	35m	40m
	60+	300m	.686m(27")	7	50m	35m	40m
Steeplechase	W35+	2000m	Per IAAF Specifications				
		Men					
Short	35-39	110m		10	13.72m	9.14m	14.02m
	40-49	110m	.991m(39")	10	13.72m	9.14m	14.02m
	50-59	100m	.914m(36")	10	13m	8.5m	10.5m
	60-69	100m	.840m(33")	10	16m	8.0m	12m
	70-79	80m	.762m(30")	8	12m	7m	19m
	80+	80m	.686m(27")	8	12m	7m	19m
Indoor	35-39	60m					
	40-49	60m	.991m(39")	5	13.72m	9.14m	9.72m
	50-59	60m	.914m(36")	5	13m	8.5m	13m
	60-69	60m	.840m(33")	5	16m	8.0m	12m
	70-79	60m	.752m(30")	5	12m	7m	20m
	80+	60m	.686m(27")	5	12m	7m	20m
Long	35-39	400m	.914m(36")	10	45m	35m	40m
	40-49	400m	.914m(36")	10	45m	35m	40m
	50-59	400m	.840m(33")	10	50m	35m	40m
	60-69	300m	.462m(30")	7	50m	35m	40m
	70+	300m	.686m(27')	7	50m	35m	40m
Steeplechase	35-55	3000m	Per IAAF Specifications				
	60+	200m	Per IAAF Specifications				
Implements		Hammer	Shot	Discus	Javelin	Weight	
Women	35-49	4k	4k	1.0k	660G	9.08k(20#)	
	50-59	3k	3k	1.0k	500G	7.26K(16#)	
	60+	3k	3k	1.0k	400G	5.45k(12#)	
Men	35-39	7.26k(16#)	7.26k(16#)	2.0k	800G	15.88k(35#)	
	40-49	7.26k(16#)	7.26k(16#)	2.0k	800G	15.88k(35#)	
	50-59	6k	6k	1.0k	700G	11.34k(25#)	
	60-69	5k	5k	1.0k	600G	9.08k(20#)	
	70-79	4k	4k	1.0k	500G	7.26k(16#)	
	80+	4k	4k	1.0k	400G	5.45K(12#)	