

AAI Indoor Games 2011



Saturday 22nd January 2011

11.00am

For office use only

ENTRY FORM

Surname:

First Name:

Club:

D.O.B: -- 2011 Reg. No.

Contact No.

Entry Fee: €10.00 (regardless of number on events entered)

Please enter personal best and event

Closing Date: Friday 7th January 2011

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

Women		Men	
60m	<input type="text"/>	60m	<input type="text"/>
200m	<input type="text"/>	200m	<input type="text"/>
400m	<input type="text"/>	400m	<input type="text"/>
1000m	<input type="text"/>	1000m	<input type="text"/>
60m Hdl.	<input type="text"/>	60m Hdl.	<input type="text"/>
3000m	<input type="text"/>	3000m	<input type="text"/>
3K Walk	<input type="text"/>	3 K Walk	<input type="text"/>
High Jump	<input type="text"/>	High Jump	<input type="text"/>
Triple Jump	<input type="text"/>	Triple Jump	<input type="text"/>
Long Jump	<input type="text"/>	Long Jump	<input type="text"/>
Shot	<input type="text"/>	Shot	<input type="text"/>

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

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



AAI Games & C.E. Time Table
Saturday 22nd January 2011
Nenagh

Track			Field		
Time	Event	Group	Time	Event	Group
11.00	60m R1	AAI Women	12.50	Long Jump	Junior Men
11.10	60m R1	AAI Men	12.50	Long Jump	Senior Men
11.25	400m	AAI Women	13.15	High Jump	M35
11.30	400m	AAI Men	13.15	High Jump	W35
11.40	60m Hrls.	AAI Women	13.20	Long Jump	Junior Women
11.50	60m Hrls.	AAI Men	13.20	Long Jump	Senior Women
12.00	60m Hrls.	Senior Men	13.40	SHOT	M50
12.10	60m Hrls.	Junior Men	13.40	SHOT	W50
12.20	60m Hrls.	M35	14.05	SHOT	Junior Men
12.30	60m Hrls.	Senior Women	14.05	SHOT	Senior Men
12.40	60m Hrls.	Junior Women	14.40	SHOT	Junior Women
12.50	60m Hrls.	W35	14.40	SHOT	Senior Women
13.00	60m	W50	15.00	Long Jump	M50
13.05	60m	M50	15.00	Long Jump P	W50
13.15	200m R1	AAI Women	15.10	SHOT	M35
13.30	200m R1	AAI Men	15.10	SHOT	W35
13.45	1000m	AAI Women	15.20	High Jump	Junior Men
14.00	1000m	AAI Men	15.20	High Jump	Senior Men
14.15	3K WALK	AAI Men /Women	16.15	High Jump	Junior Women
14.30	200m R2	AAI Women	16.15	High Jump	Senior Women
14.45	200m R2	AAI Men	16.30	Long Jump	M35
16.35	800M	W50	16.30	Long Jump	W35
16.45	1000M	M50			
16.50	60m R2	AAI Women			
17.00	60m R2	AAI Men			
17.15	1000M	Senior Men			
17.20	1000M	Junior Men			
17.30	800M	Junior Women			
17.35	800M	Senior Women			
17.40	800M	W35			
17.45	1000M	M35			