

PLEASE NOTE CHANGE OF DATE



Woodie's DIY Indoor Interclub Relay Championships of Ireland Sunday 16th March 2008



ENTRY FORM

Club:

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Contact No.

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Closing date for entries Friday 7th March 2008

Please Event in columns below

Men 60 m Shuttle Hdls	
Men 4 x 200m	
Men 4 x 400m	
Men 3 x 800m	
Men 3000m Team x 3 to Score *	
3 x 1000m Walk (Inter County)	
Men High Jump x 2	
Men Long Jump x 2	
Men Shot x 2	
56lbs x 2 for distance plus (Championships)	
Men Triple Jump x 2	

Women 60m Shuttle Hdls	
Women 4 x 200m	
Women 4 x 400m	
Women 3 x 800m	
Women Triple Jump x 2	
Women Shot x 2	
Women Long Jump x 2	
Women High Jump x 2	

Team Race 6 to Run 3 to Score

Name	Reg.	DOB	Office Use

1. Check-in sixty minutes before event.
2. **Entry Fees: 10 euro x number of members on team**
 20 euro per team of two,
 30 euro per team of three
 40 euro per team of four
3. **No fax or phone entries**
4. Athletes must wear club singlets
5. Athletes must be aged 16 years or over on 31st December in the year of competition
6. Entries accompanied by Cheque/Postal Order/Money Order to
Competitions, 19 Northwood Court, Northwood Business Campus, Dublin 9



Indoor Interclub Relay Championships of Ireland

Sunday 16th March 2008

TIMETABLE OF EVENTS

<u>TRACK</u>				<u>FIELD</u>			
				12.00	56 lbs x 2		Men
				12.00	High Jump x 2		Women
				12.00	Long Jump x 2		Men
12.45	4x200m	Women	Heats				
12.55	4x200m	Men	Heats				
				13.00	Shot Putt x 2		Women
13.15	60m Hdls	Women					
13.25	60m Hdls	Men		13.15	Long Jump x 2		Women
13.35	3x800m	Women		13.30	High Jump x 2		Men
13.45	3x800m	Men		13.45	Shot Putt x2		Men
13.55	4x400m	Women	Heats				
14.10	4x400m	Men	Heats				
14.25	3000m *	Men					
14.40	4x200m	Women	Final	14.30	Triple Jump x 2		Women
14.50	4x200m	Men	Final	14.30	Triple Jump x 2		Men
15.00	4x400m	Women	Final				
15.10	4x400m	Men	Final				
15.15	3x1000m Walk	Inter County	Final				

*** Team Race 6 to Run 3 to Score**

Finals will be held at Final time

All athletes who enter for Senior & Junior Competition may be subject for selection for testing under the Anti Doping Policy