

# TIPPERARY ATHLETICS

**EVENT: SENIOR & MASTERS INDOOR CHAMPIONSHIPS**

**Event Date: 16th January 2022**

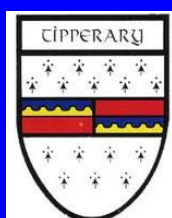
**Provisional Timetable**

**Start Event: 11.00am**

| EVENTS – CENTRE TRACK |                           |                     | EVENTS – OUTSIDE TRACK |                      |                 |
|-----------------------|---------------------------|---------------------|------------------------|----------------------|-----------------|
|                       |                           |                     | 11.00                  | Men all Categories   | 3km             |
|                       |                           |                     |                        |                      |                 |
|                       | <b>Sprints after 600m</b> |                     |                        |                      |                 |
|                       | Senior Women              | 60m Hurdles         |                        |                      |                 |
|                       | Senior Men                | 60m Hurdles         |                        |                      |                 |
|                       | Senior Women              | 60m Heats           |                        | Men all Categories   | 2km Walk        |
|                       | Senior Men                | 60m Heats           |                        | Women all Categories | 1km Walk        |
|                       | Masters Women             | 60m Heats           |                        | Senior Women         | 400m (Times)    |
|                       | Masters Men               | 60m Heats           |                        | Men all Categories   | 400m (Times)    |
|                       |                           | 60m FINALS          |                        | Women all Categories | 600m (Times)    |
|                       |                           |                     |                        | <b>SPRINTS</b>       |                 |
|                       | High Jump                 | Senior W + W35 – 49 |                        | Men all Categories   | 800m (Times)    |
|                       | High Jump                 | M50 – 70 +          |                        | Master Women         | 300m (Times)    |
|                       | High Jump                 | W50 – 70 +          |                        | Women all categories | 1500m (Times)   |
|                       | High Jump                 | Senior M + M35 – 49 |                        | Men all Categories   | 1500m (Times)   |
|                       |                           |                     |                        |                      |                 |
|                       |                           |                     |                        | Senior & Masters     | 4 x 200m Relays |
|                       |                           |                     |                        |                      |                 |
|                       |                           |                     |                        |                      |                 |
|                       |                           |                     |                        |                      |                 |

| FIELD EVENTS |             |                     |                          |                    |                      |
|--------------|-------------|---------------------|--------------------------|--------------------|----------------------|
| LONG JUMP    |             |                     | SHOT PUTT & WEIGHT THROW |                    |                      |
| 11:00        | Long Jump   | Men Senior          | 11:00                    | Shot Putt (5kg)    | M60 – 69             |
|              | Long Jump   | Senior W            |                          | Shot Putt (6kg)    | M50 – 59             |
|              |             |                     |                          | Shot Putt (4kg)    | Senior W + W35 – 49  |
|              | Long Jump   | Masters Men 035-045 |                          | Shot Putt (3kg)    | W50 - 59             |
|              | Long Jump   | Masters Men 050+    |                          |                    |                      |
|              | Long Jump   | Masters W           |                          | Shot Putt (7.26kg) | Senior M + M35 – 49  |
|              |             |                     |                          | Shot Putt (3kg)    | Women 60 – 74        |
|              | Triple Jump | Senior Women & Men  |                          | Weight for Dist.   | Senior M & Masters M |
|              | Pole Vault  | Senior Women & Men  |                          |                    |                      |

**The Order of Events may be changed on the day depending on how events are progressing.**



## Senior & Masters Indoor Championship REGULATIONS

1. Online entry only for all County Championship Events. **This is a 2022 competition so 2022 ages apply.**
2. Closing date for Entries: **13<sup>th</sup> January 2022 @ 6pm.**
3. All Entries must come through the Club Secretary
4. All athletes must be registered for 2022.
5. Club Singlets must be worn.
6. Individual Entry Fee: €5 per event plus transaction fee of 0.59c.
7. Relay Team Entry Fee: €10.00 per team plus transaction fee of 0.59c.
8. The order of events may be changed on the day depending on how events are progressing.
9. An athlete is eligible to compete as a Master on or after their 35th birthday.
10. For individual events, an athlete declaring as a Master **MUST** compete in the age category declared. There is no switching between age categories, i.e. Senior & Master.
11. Guest athletes are welcome to compete, and will be awarded a non-Championship medal where they finish in the top-three of an event.
12. Masters will receive 4 attempts in the long jump & throws events
13. The Senior Men's 3000m will be a team race with the cumulative times of the first 3 in each team deciding the winning teams.
14. **STRICTLY NO ON-THE-DAY INDIVIDUAL ENTRIES OR EVENT AMENDMENTS - NO EXCEPTIONS**
15. **GUEST ATHLETES WELCOME BUT MUST BE REGISTERED WITH ATHLETICS IRELAND**

