

**MUNSTER JUNIOR & SENIOR INDOOR  
CHAMPIONSHIPS.  
NENAGH INDOOR ARENA  
SUNDAY 4<sup>th</sup> JANUARY 2008.**

**List & Order of Events**

**Field Events  
Events**

Time	H.J.	L.J.	T.J.	Shot
11.00		Snr M.	Snr W	Jnr M
12.00		Snr W.	Jnr M	Jnr W
13.00	H.J. M & W.	Jnr M	Jnr W	Snr M
14.00		Jnr W	Snr M	Snr W
14.30				56 Lbs WD

**Track**

Time	Event
11.00	60m Hurdles
11.00	3/5K Walks
11.30	60m Heats
11.45	3000m
12.00	60m Finals
12.45	400m Heats
13.45	800m
14.15	200m Heats
15.15	400m Finals
15.30	1500m
16.15	200m Finals
16.30	4 x 200m Relays

**Guests are welcome to participate but must be Registered.**

**The above sequence will be adhered to. Events may be brought forward depending on progress (Maximum variation from time table 1 Hour ahead up to 2pm, no restriction after 2pm)**

**Notes**

Times for High Jump are approximate but will not commence more than 30 minutes ahead of scheduled time.

It is intended that the 60m Hurdles & Sprints, in the centre track, and the Walks & 3000m, on the outside track, will be proceeding simultaneously.

**Age Eligibility:**

(Juniors Born 1990 to 1994) (Senior Born in or before 1993)

Eligible athletes can compete either junior or senior in the individual events but not both. *i.e.* an athlete is either junior or senior for the day (no chopping and changing)

Eligible athletes may move up or down category to participate in a relay but may compete in only one relay.