



# Munster Athletics



## 2023 Munster Junior, Under 23, Senior & Masters Indoor Championships

### Venue – Nenagh Indoor Arena

**Junior & Under 23 Championships\* – Monday 2<sup>nd</sup> January 2023**  
**Closing Date Thursday December 22<sup>nd</sup> 2022**

*\*3000m for Junior/U23/Snr & Masters will be held on this date, 3000m Walk for all categories will be held on Sunday February 12<sup>th</sup>*

**Senior & Masters Championships – Sunday 12<sup>th</sup> February 2023**  
**Closing Date Thursday February 2<sup>nd</sup> 2023**

It is the responsibility of individual athletes and their clubs to ensure that athletes entered in the Munster Indoor Championships are medically fit to participate in these competitions and competent in their events. All athletes participating in these championships must be registered for 2023

### Entry Fees

- €10 per event / Relay teams €20
- **NO INDIVIDUAL ENTRIES ACCEPTED ON COMPETITION DAY**
- Entries online – see <https://entry.athleticsireland.ie/#/>

### General Notes:

- The 3000m for all categories is on Monday January 2<sup>nd</sup>
- The 3000m Walk for all categories is on Sunday February 12<sup>th</sup>
- It is hoped to be able to present the medals at the championships
- ALL PAYMENTS SHOULD BE MADE ONLINE WITH ENTRIES. NO CHEQUE OR POSTAL ORDER PAYMENTS
- With the exception of the Junior, U23 & Senior 60m, results will be decided based on times in the event of heats being required.
- Wt. for Distance Event will be held outside for Safety Reasons
- NO INDIVIDUAL ENTRIES ACCEPTED ON COMPETITION DAY, **if you have not entered, do not travel.**

- National Championships - Athletes enter these championships through their clubs. It is not the responsibility of the Munster AAI to enter any athletes.
- **Please be mindful of the electronic timing and other competitions in progress. Athletes who obstruct the electronic timing or interfere with other competitions will be red carded and disqualified from competing in anymore that day. While such a misdemeanour by an athlete will more than likely be accidental, ignorance is not an excuse. Every athlete taking part is entitled to get their time, place and compete unimpeded.**
- **Guests** from other clubs outside of Munster are allowed to take part. Seniors & Masters may guest at the Junior & U23 Championships.
- Clubs entering athletes are expected to provide help on the day of competition, where insufficient help is available competitions will be cancelled.
- Club singlets must be worn.
- Stadium Rules must be adhered to.
- Events for which no entry has been received before the day of competition will be cancelled.
- **Walks Distance is 3000m.**
- Masters Categories for Men & Women O35, O40, O45, O50. etc
- Masters athletes can only compete in 3 individual events.
- For Masters shot, long jump, triple jump & weight for distance – best of 4 attempts

### **Cancellation of Championships**

In the hopefully unlikely event that the Championships have to be cancelled at very short notice, notification will be posted on the Munster council website [www.munsterathletics.com](http://www.munsterathletics.com) no later than 8am on the day of competition.

On behalf of the Munster Council AAI, I wish you all a successful 2023.

*Kind Regards,*

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**MUNSTER ATHLETICS – JUNIOR & Under 23**  
**INDOOR CHAMPIONSHIPS 2023**

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary First Event: 10:30am

*Provisional JUNIOR & Under 23 TIMETABLE – MONDAY 2<sup>ND</sup> January 2023*

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:30	60m H (3'6") (Times)	Men	U23	13:00	400m (Times)	Women	Junior
	60m H (3'3") (Times)	Men	Junior		400m (Times)	Women	U23
	60m H (2'9") (Times)	Women	Jnr & U23		400m (Times)	Men	Junior
					400m (Times)	Men	U23
11:00	60m Sprint Heats	Men	Junior	13:30	1500m (Times)	Women	Junior & U23
	60m Sprint (Heats)	Men	U23		1500m (Times)	Men	Junior
	60m Sprint (Heats)	Women	Junior		1500m (Times)	Men	U23
	60m Sprint (Heats)	Women	U23				
12:00	60m Sprint Finals	Men		14:15	200m (Times)	Women	Junior
	60m Sprint Finals	Women			200m (Times)	Women	U23
					200m (Times)	Men	Junior
				200m (Times)	Men	U23	
				14:45	800m (Times)	Women	Junior & U23
					800m (Times)	Men	Junior
					800m (Times)	Men	U23
				15:15	4 x 200m Relays	Women	Junior & U23
					4 x 200m Relays	Men	Junior & U23
				15:30	3000m	Women	Jnr/U23/Snr/Masters
					3000m	Men	Jnr/U23/Snr/Masters

**JUMPS**

Time	Event	Time	Event
11:15	Long Jump Men, Jnr & U23	11:30	Pole Vault, Men & Women, Jnr & U23
12:00	Long Jump Women, Jnr & U23	13:00	High Jump, Men & Women, Jnr & U23
14:00	Triple Jump Men & Women, Jnr & U23		

**THROWS**

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
13:00	Women, Junior & U23	(4kg)	14:30	Women, Junior & U23	(28lbs)
13:45	Men, Junior	(6kg)		Men, Junior & U23	(35lbs)
14:15	Men, U23	(7.26kg)			

This is a provisional programme a more detailed programme will be published the week before competition, **No Entries accepted on Competition Day.**

**Please Note The 3000m Walk Championships for Men and Women will be held with the Senior & Masters Championships On Sunday 12<sup>th</sup> February**

**MUNSTER ATHLETICS – SENIOR & MASTERS**  
**INDOOR CHAMPIONSHIPS 2023**

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary First Event: 10:00am

*Provisional Senior & Masters TIMETABLE – SUNDAY 12<sup>th</sup> February 2023*

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:30	60m H (3'6") (Times)	Men	Snr & Masters	10:00	3000m Walk	Women & Men	Junior/U23/Snr/Masters
	60m H (3'3") (Times)	Men	Masters				
	60m H (2'9") (Times)	Women	All				
				13:00	400m (Times)	Women	All
11:00	60m Sprint (Heats)	Men	Senior		400m (Times)	Men	All
	60m Sprint (Heats)	Women	Senior				
	60m Sprint (Times)	Men	Masters	14:00	1500m (Times)	Women	All
	60m Sprint (Times)	Women	Masters		1500m (Times)	Men	All
12:30	60m Sprint Finals	Men		14:45	200m (Times)	Women	All
	60m Sprint Finals	Women			200m (Times)	Men	All
				15:30	800m (Times)	Women	All
					800m (Times)	Men	All
				16:15	4 x 200m Relays	Women	All
					4 x 200m Relays	Men	All

**JUMPS**

Time	Event	Time	Event
10:30	Long Jump Snr Men & Women	11:00	Pole Vault, Men & Women, All
10:30	Long Jump Masters Men & Women	13:00	High Jump, Men & Women All
14:00	Triple Jump All		

**THROWS**

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
12:00	Women		14:00	Women	
13:00	Men			Men	

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**Please Note The 3000m Championships for Men and Women will be held with the Junior & Under 23 Championships On Monday 2<sup>nd</sup> January**