

Cumann Luthchleas Scoileanna Na Mumhan

Munster Schools Athletic Association

INDOOR GAMES – NENAGH – TUESDAY 5th MARCH 2013

Events:

60m; 600m; 1200m; 60m Hurdles; 4 x 200m Relay – All Grades
(Minor Hurdles excepted)

High Jump: Junior/Intermediate only
(starting heights Girls 1.40m – Boys 1.55m)

Shot: All Grades

Long Jump: All Grades

Age Limits:

Minor: Under 14 on 1st July 2013
Junior: Under 15 on 1st July 2013
Intermediate: Under 17 on 1st July 2013

Entry Fees: €5.00 per athlete/ €10 per Relay Team

ALL ENTRIES WILL BE TAKEN ON DAY OF COMPETITION

EACH COMPETING SCHOOL MUST FURNISH, ON SCHOOL NOTEPAPER, OR ON PAPER BEARING THE SCHOOL STAMP, A LIST OF ITS COMPETITORS TOGETHER WITH THEIR DATES OF BIRTH.

ENTRIES WILL BE ACCEPTED ONLY ON PRODUCTION OF THIS LIST.

ATHLETES MUST COMPETE IN THEIR OWN AGE GROUP. A SCHOOL MAY NOT ENTER MORE THAN **THREE** ATHLETES IN ANY EVENT.

All enquires to MARY ASHE at 058 43116

Order of Events:

11:00am.....	Long Jump – Boys and Girls
12:00noon.....	Shot
11:30am.....	1200m followed by
(on outside track).....	600m, 4 x 200m Relay
11:30am.....	60m Hurdles (heats and finals) followed by
(on inside track).....	60m (heats and finals) followed by
	1. High Jump – Girls
	2. High Jump – Boys

NB: (1) Three attempts only at Long Jump and Shot
(2) 600m; 1200m; 4 x 200m Relay will be decided on fastest times

COPY OF CIRCULAR FROM NENEGH OLYMPIC AC SHOULD BE READ CAREFULLY

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TO : ALLCOMPETING SCHOOLS

DISCIPLINE

**EACH COMPETING SCHOOL MUST TAKE RESPONSIBILITY FOR THE
GOOD BEHAVIOUR OF ITS ATHLETES WITHIN THE ARENA**

**TO THIS END, EACH SCHOOL IS ASKED TO HAVE PRESENT A
TEACHER OR DESIGNATED ADULT CHARGED WITH MAINTAINING AN
ACCEPTABLE LEVEL OF BEHAVIOUR.**

**COMPETITORS WILL, AT ALL TIMES, OBEY STEWARDS AND
OFFICIALS OF THE MEETING.**

SEAN NYHAN

HON. SECRETARY

NENAGH OLYMPIC ATHLETIC CLUB

The Nenagh Olympic Athletic Club Committee would like to draw your attention to the Club Rules for all Athletes, Officials and Supporters using Nenagh Olympic Indoor Track.

- No warm up on the Track Arena.
- Only 5mm spikes to be worn on the track.
- No smoking allowed in the complex.
- No food or drink allowed on the track.
- Nenagh Olympic Athletic Club are not responsible for any items or personal belongings lost or stolen while using the complex.
- Managers of each organisation intending to use the complex are responsible for their supporters' behaviour and to see that all supporters and athletes adhere to the rules of Nenagh Olympic Athletic Club Committee. Adequate supervision should be provided at all times.
- All equipment in the complex is for the use of athletes and must not be abused or damaged in any way.
- Under no circumstances should any thing other than masking tape be used for marking the track.. All tape to be removed when the events are completed.
- All check in, registration, recording and presentation to take place in designated areas.
- In order to comply with Insurance Regulations, Meet Organisers must insure that under no circumstances are spectators to be allowed on the track.
- Assembly for all events must take place in warm up area, Athletes must be accompanied on to the track by an official of the meet when the event is called.
- Nenagh Olympic Athletic Club Committee members reserves the right to terminate any Athletics meet at their own discretion if the above rules are not adhered to.