



Munster Athletics



SENIOR & MASTERS, INDOOR CHAMPIONSHIPS 2023

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

TIMETABLE – SUNDAY 12th February 2023

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:30	60m H (3'3)	Men	O35 & O40	10:00	3000m Walk	Women & Men	Junior/U23/Snr/Masters
	60m H (2'9") (Times)	Women	Senior				
	60m H (2'9") (Times)	Men & Women	O45 Women / O60 Men	13:00	400m (Times)	Women	Senior, Masters
				13:10	400m (Times)	Men	Senior, Masters
11:00	60m Sprint (3 Heats)	Men	Senior	14:00	1500m	Women	Senior & Masters
	60m Sprint (2 Heats)	Women	Senior	14:10	1500m	Men	Snr, O35 & O40
	60m Sprint (Times)	Men	Masters	14:20	1500m	Men	O45+
	60m Sprint (Times)	Women	Masters				
				14:45	200m (Times)	Women	Senior, Masters
12:15	60m Sprint Finals	Men	Senior	15:00	200m (Times)	Men	Senior, Masters
	60m Sprint Finals	Women	Senior				
				15:30	800m	Women	Senior & Masters
				15:40	800m	Men	Snr, O35 & O40
				15:50	800m	Men	O45
				16:00	800m	Men	O60+
				16:15	4 x 200m Relays	Men & Women	All

JUMPS

Time	Event	Time	Event
10:30	Long Jump Snr Men & Women	11:00	Pole Vault, Men Snr & Masters
11:30	Long Jump Masters Women	13:00	High Jump, Snr Women & Men Snr O35-45 Men
12:00	Long Jump Masters Men	14:00	High Jump, Masters Women & Men O50+
14:00	Triple Jump All	14:00	Pole Vault, Snr Women

THROWS

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
12:00	Women Snr/O35/O40/O45	4Kg	14:30	Women Snr/O35/O40/O45	28 lb
	Women O50+	3, 2 Kg	15:15	Men O 50+	28,35 lb
13:00	Men Snr/O35/O40/O45	7.26Kg		Men Snr/O35/O40/O45	56 lb
	Men O50+	6,5,4 Kg			

Numbers can be collected near Finish Line

Check In at the Event

No Entries accepted on Competition Day.

Events may be brought forward by up to 30 minutes after 1pm.

Live results: live.munsterathletics.com