



Munster AAI Senior & Masters T&F 2016			
Waterford RSC, Sunday, 31st July 2016			
Time	Track	Jumps	Throws
10.00am			Hammer Men
11.00am	Walk**		Hammer Women
11.30am	400mH*		Discus Men
	check in closes 11.00am		
12.00pm	100m	Pole Vault	
12.30pm		Long Jump Men	Discus Women
1.00pm	800m	High Jump Women	Javelin Men
1.30pm	100m Finals	High Jump Men	
2.00pm	5000m Snr *		Shot Men
			Javelin Women
2.20pm	3000m	Long Jump Women	
	Sprint Hurdles**		
	check in closes 1.30pm		
3.00pm	200m	Triple Jump Men*	Shot Women
3.30pm	Steeple Chase*		Weight for dist
	check in closes 2.00pm		
4.00pm	1500m	Triple Jump* Women	
4.30pm	400m		Weight OB*
5.00pm	Relays		

* Seniors Only event

** Masters O35 & Seniors Only Event

Run off Order - Snr Women / Masters Women / Senior Men / Masters Men

General Notes:

- Athletes must pre-enter see www.munsterathletics.com
- **Master athletes may choose to compete as a Senior but must stay Senior for the day.**
- No Late entries or entries on the day
- All clubs participating must provide two officials to help out
- Events may move up to 30 minutes ahead prior to 2.30pm, after this no restriction applies
- Check in will operate for the hurdles & S/chase only
- Munster AAI reserves the right to change this programme on competition day if necessary
- Munster AAI will cancel any event where no entries have been received by the closing date
- All Senior Walks 5km, all Master Walks 3km
- Weight OB is a Senior Men's event only.