



Munster Athletics

Senior & Masters T & F Championships 2018

Sunday 10th June @ 10am – Venue: An Riocht A.C. Track, Castleisland, Co. Kerry

TRACK EVENTS

TIME	EVENT	GENDER	CATEGORY	Type
11:00	Hurdles (2'9")	Women	Senior	Final
	Hurdles (2'9")	Women	O35	Final
	Hurdles (3'3")	Men	O35, O40, O45	Final
	Hurdles (3'6")	Men	Senior	Final
	3k Walk	Women	Senior	Final
	3k Walk	Women	O35 to O65	Final
	3k Walk	Men	O35 to O65	Final
	5k Walk	Men	Senior	Final
	100m	Women	Senior	Heats
	100m	Women	O35 to O70	Finals
	100m	Men	Senior	Heats
	100m	Men	O35 to O70	Finals
	800m	Women	Senior	Final
	800m	Women	O35 to O70	Final
	800m	Senior	Men	Final
	800m	Men	O35 to O75	Final
	400m Hurdles	Women	Senior	Final
	400m Hurdles	Men	Senior	Final
	100m Final	Women	Senior	Final
	100m Final	Men	Senior	Final
	Steeplechase	Women	Senior (3km)	Final
	Steeplechase	Men	Senior (3km)	Final
	5000m	Men	Senior	Final
	200m	Women	Senior	Heats
	200m	Women	O35 to O70	Finals
	200m	Men	Senior	Heats
	200m	Men	O35 to O70	Finals
	3000m	Women	Senior & Masters	Final
	3000m	Men	O35 to O70	Final
	400m	Women	Senior	Final
	400m	Women	O35 to O70	Final
	400m	Men	Senior	Final
	400m	Men	O35 to O70	Final
	1500m	Women	Senior	Final
	1500m	Women	O35 to O70	Final
	1500m	Men	Senior	Final
	1500m	Men	O35 to O70	Final
	200m	Women	Senior	Final
	200m	Men	Senior	Final
	4 x 100m	Women	Senior	Final
	4 x 100m	Women	O35 & O45	Final
	4 x 100m	Men	Senior	Final
	4 x 100m	Men	O35 & O50	Final

FIELD EVENTS

TIME	EVENT	GENDER	CATEGORY
10:00	Hammer	Men	Senior, O35, O40, O45
10:00	Shot	Women	Senior, O35 to O60
10:00	Javelin	Men	O50 to O75
10:45	Hammer	Women	Senior, O35 to O70
10:45	Shot	Men	O50 to O80
10:45	Javelin (800GR)	Men	Senior, O35 to O45
11:30	Hammer	Men	O50 to O75
11:30	Shot	Men	Senior, O35 to O45
11:30	Javelin	Women	Senior, O35 to O70
11:30	Triple Jump	Men	Senior
12:00	Discus	Women	Senior, O35 to O70
12:00	High Jump	Men	O50 to O80
12:00	Long Jump	Men	Senior, O35 to O45
12:45	Discus (2kg)	Men	Senior, O35 to O45
12.45	High Jump	Women	Senior, O35 to O65
12:45	Long Jump	Men	O50 to O80
14:00	Discus	Men	O50 to O65
14:00	High Jump	Men	Senior, O35 to O45
14:00	Long Jump	Women	Senior, O35 to O70
14:45	Triple Jump	Women	Senior
14:45	Weight for Distance	Men	Senior, O35 to O70
16.00	Weight for Distance	Women	Senior, O/35 to O70

NO ENTRIES ON THE DAY OF COMPETITION

Senior Pole Vault competitions will take place in Waterford RSC on Saturday 16th June @ 10.30am.

THROWING IMPLEMENT – WEIGHTS					
MALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight lbs
Senior	7.26	7.26	2.00	800	56
Masters 35-49	7.26	7.26	2.00	800	56
Masters 50-59	6.00	6.00	1.50	700	35
Masters 60-69	5.00	5.00	1.00	600	35
Masters 70-79	4.00	4.00	1.00	500	35
Masters 80+	3.00	3.00	1.00	400	35
FEMALE	Shot kg	Hammer kg	Discus kg	Javelin gr	Weight lbs
Senior	4.00	4.00	1.00	600	28
Masters 35-49	4.00	4.00	1.00	600	28
Masters 50-59	3.00	3.00	1.00	500	28
Masters 60-74	3.00	3.00	1.00	400	28
Masters 75+	2.00	2.00	0.75	400	28

Munster AAI reserves the right to change the order of events to assist with the smooth running of these Championships. The programme may move ahead of the scheduled time by 1 hour but not before 1pm. **PLEASE LISTEN TO THE P. A. ANNOUNCEMENTS**