



Munster Senior & Masters T&F Championships on Saturday 31st July 2021 in Templemore Track



Final Timetable

	Gender	Category	
10.00am 100m H (2'9") 80m H (2'6")	Women	Snr & O35	Times
	Women	O40, O45	Times
10.20am 1500m 1500m 1500m 1500m	Women	Senior & Masters	Times
	Men	Senior	Times
	Men	Masters Race 1	Times
	Men	Masters Race 2	Times
11.00am 100m Sprint 100m Sprint 100m Sprint 100m Sprint 100m Sprint	Men	Senior	Heats (2)
	Women	Senior	Final
	Women	Masters	Times
	Men	Masters Race 1	Times
	Men	Masters Race 2	Times
12.15pm 100m Sprint	Men	Senior	Final
12.30pm 400m 400m 400m 400m 400m 400m	Women	Senior	Times
	Women	Masters	Times
	Men	Senior	Times
	Men	Masters Race 1	Times
	Men	Masters Race 2	Times
	Men	Masters Race 3	Times
1.30pm 200m 200m 200m 200m 200m	Men	Senior	Heats (3)
	Women	Senior	Final
	Women	Masters	Times
	Men	Masters Race 1	Times
	Men	Masters Race 2	Times
2.15pm 5000m 5000m	Women	Senior	Times
	Men	Senior	Times
2.45pm 3000m 3000m	Women	Masters & O/60+ Men	Times
	Men	Masters	Times
3.15pm 800m 800m 800m 800m	Women	Senior & Masters	Times
	Men	Senior	Times
	Men	Masters Race 1	Times
	Men	Masters Race 2	Times
	Men	Masters Race 3	Times
4.00pm 200m	Men	Senior	Final

FIELD EVENTS

	Gender	Category
9.30am Hammer (7.26kg) Hammer (5k, 4k & 3k) Hammer (6k) Hammer (4k, 3k, 2k)	Men	Senior, O35 – O45
	Men	O60 to O85
	Men	O50 & O55
	Women	Snr, O35 – O75
10.00am High Jump High Jump High Jump High Jump High Jump	Women	Snr, O35 – O75
	Men	O50 & O55
	Men	O45
	Men	O60 to O85
	Men	Snr, O35 - O45
11.30am Pole Vault Pole Vault	Women	Senior
	Men	Senior
11.30am Discus (2k) & (1.75k) Discus (1k) Discus (1k) Discus (1k)	Men	Snr, O35 - O45
	Women	Snr, O35 – O75
	Men	O50 & O55
	Men	O60 to O85
1.30pm Javelin (600gr, 500gr, 400gr) Javelin (700gr) Javelin (600gr, 500gr, 400gr) Javelin (800gr)	Women	Snr, O35 – O75
	Men	O50 & O55
	Men	O60 to O85
	Men	Snr, O35 - O45
2.00pm Long Jump Long Jump Long Jump Long Jump Long Jump	Men	Snr, O35, O/40
	Men	O60 to O85
	Men	O45
	Men	O50 & O55
	Women	Snr, O35 – O75
2.30pm Shot (6kg) Shot (5k, 4k & 3k) Shot (4k, 3k, 2k) Shot (7.26k)	Men	O50 & O55
	Men	O65 to O85
	Women	Snr, O35 – O75
	Men	Senior, O35 - O45
3.30pm Weight (35lbs) Weight (56lbs) Weight (28lb)	Men	O50 to O85
	Men	Senior, O35 to O45
	Women	Snr, O35 - O45
3.30pm Triple Jump Triple Jump	Men	Senior
	Women	Senior

Two events per athlete

Athletes must bring their own implements