



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



### Draft Timetable

				FIELD EVENTS					
		Gender	Category			Gender	Category		
<b>10.00am</b>	110m H (3'6")	Men	Senior	Times	<b>9.30am</b>	Men	Senior, O35 – O45		
	110m H (3'3")	Men	O35 – O45	Times			Hammer (7.26kg)	O60 to O85	
	100m H (2'9")	Women	Snr & O35	Times			Hammer (5k, 4k & 3k)	O50 & O55	
	80m H (2'6")	Women	O40, O45	Times			Hammer (6k)	Snr, O35 – O75	
<b>10.30am</b>	1500m	Women	O35 – O70	Times	<b>10.00am</b>	Women	Snr, O35 – O75		
	1500m	Women	Senior	Times			High Jump	O50 & O55	
	1500m	Men	Senior	Times			High Jump	O45	
	1500m	Men	O35 – M80	Times			High Jump	O60 to O85	
<b>11.00am</b>	100m Sprint	Women	Senior	Heats	<b>11.30am</b>	Men	Snr, O35 - O45		
	100m Sprint	Women	O35 – O75	Times			Pole Vault	Senior	
	100m Sprint	Men	Senior	Heats			Pole Vault	Senior	
	100m Sprint	Men	O35 – O85	Times			<b>11.30am</b>	Men	Snr, O35 - O45
<b>12 noon</b>	100m Sprint	Women	Senior	Finals	Discus (2k) & (1.75k)	Snr, O35 – O75			
	100m Sprint	Men	Senior	Finals	Discus (1k)	O50 & O55			
<b>12.30pm</b>	400m	Women	Senior	Times	<b>1.30pm</b>	Men			O60 to O85
	400m	Women	O35 – O60	Times			Javelin (600gr, 500gr, 400gr)	Snr, O35 – O75	
	400m	Men	Senior	Times			Javelin (700gr)	O50 & O55	
	400m	Men	O35 – O80+	Times			Javelin (600gr, 500gr, 400gr)	O60 to O85	
<b>2.00pm</b>	200m	Women	Senior	Heats	<b>2.00pm</b>	Men	Snr, O35 - O45		
	200m	Women	O35 – O70	Times			Long Jump	Snr, O35, 0/40	
	200m	Men	Senior	Heats			Long Jump	O60 to O85	
	200m	Men	O35 – O80+	Times			Long Jump	O45	
<b>2.30pm</b>	5000m	Women	Senior	Times	<b>2.30pm</b>	Men	O50 & O55		
	5000m	Men	Senior	Times			Long Jump	Snr, O35 – O75	
	3000m	Women	Masters	Times			<b>2.30pm</b>	Men	O65 to O85
	3000m	Men	Masters	Times					Shot (6kg)
<b>3.00pm</b>	400mH	Women	Senior	Times	Shot (5k, 4k & 3k)	Men	Senior, O35 - O45		
	400mH	Men	Senior	Times			Shot (4k, 3k, 2k)		
<b>3.30pm</b>	800m	Women	Senior	Times	<b>3.30pm</b>	Men	O50 to O85		
	800m	Women	O35 – O70	Times			Weight (35lbs)	Senior, O35 to O45	
	800m	Men	Senior	Times			Weight (56lbs)	Snr, O35 - O45	
	800m	Men	O35 – O85	Times			Weight (28lb)		
<b>4.00pm</b>	200m	Women	Senior	Final	<b>3.30pm</b>	Men	Senior		
	200m	Men	Senior	Final			Triple Jump	Senior	

Two events per athlete

Athletes must bring their own implements

Closing date for entries Sunday 25th July at midnight.



**Munster Junior & U23 T&F Championships 2021**  
**Saturday 24th July in Templemore Track**



**Draft Timetable**

	Track		
10.00am	110mH (3'6")	Men	U23 Times
	110mH (3'3")	Men	Jnr Times
10.30am	100mH (2'9")	Women	U23 Times
	100mH (2'9")	Women	Jnr Times
	1500m	Women	Jnr Final
	1500m	Women	U23 Final
11.00am	1500m	Men	Jnr Final
	1500m	Men	U23 Final
	100m	Women	Jnr & U23 Heats
	100m	Men	Jnr & U23 Heats
11.30am	3000m Walk	Women	Jnr & U23 Times
	3000m Walk	Women	Masters Times
	3000m Walk	Men	Jnr & U23 Final
12.15pm	3000m Walk	Men	Masters Times
	100m	Women	Jnr & U23 Final
	100m	Men	Jnr & U23 Final
12.30pm	400m	Women	Jnr & U23 Times
	400m	Men	Jnr & U23 Times
1.00pm	2000m S/Chase	Women	Jnr, U23 & Snr
	2000m S/Chase	Men	Jnr, U23 & Snr
2.00pm	200m	Women	Jnr & U23 Heats
	200m	Men	Jnr & U23 Heats
2.30pm	3000m	Women	Jnr & U23 Final
	3000m	Men	Jnr & U23 Final
3.00pm	400mH	Women	Jnr & U23 Times
	400mH	Men	Jnr & U23 Final
3.30pm	800m	Women	Jnr & U23 Times
	800m	Men	Jnr & U23 Times
4.00pm	200m	Women	Jnr & U23 Final
	200m	Men	Jnr & U23 Final

	Field			
9.30am	Hammer (6kg, 7.26kg)	Men	Jnr & U23	
	Hammer (4kg)	Women	Jnr & U23	
10.00am	High Jump	Women	Jnr & U23	
	High Jump	Men	Jnr & U23	
11.30am	Pole Vault	Girls & Boys	U15	
	Pole Vault	Girls & Boys	U16	
	Pole Vault	Girls & Boys	U17	
	Pole Vault	Girls & Boys	U18	
	Pole Vault	Girls & Boys	U19	
	Pole Vault	Women	Jnr & U23	
	Pole Vault	Men	Jnr & U23	
	11.30am	Discus (1kg)	Women	Jnr & U23
	Discus (1.75kg, 2kg)	Men	Jnr & U23	
1.30pm	Javelin (600g)	Women	Jnr & U23	
	Javelin (800g)	Men	Jnr & U23	
2.00pm	Long Jump	Women	Jnr & U23	
	Long Jump	Men	Jnr & U23	
2.30pm	Shot Put (4kg)	Women	Jnr & U23	
	Shot Put (6kg, 7.26kg)	Men	Jnr & U23	
3.30pm	Weight for Distance (28lbs)	Women	Jnr & U23	
	Weight for Distance (35lbs)	Men	Jnr & U23	
3.30pm	Triple Jump	Women	Jnr & U23	
	Triple Jump	Men	Jnr & U23	

Two events per athlete

Athletes must bring their own implements

Closing date for entries Sunday 18th July at midnight.