



Munster Athletics

SENIOR, U23 & MASTERS TRACK & FIELD CHAMPIONSHIPS

Sunday 9TH June – Venue: Templemore

ORDER OF EVENTS

TRACK EVENTS START at 11:00am

11:00	Gender	Category	
110m H (3'6")	Men	Senior & U23	Times
110m H (3'3")	Men	Junior, O35 – O45	Times
100m H (2'9")	Women	Jnr, Snr, U23 & O35	Times
80m H (2'6")	Women	O40, O45	Times
12:00			
800m	Women	O35 – O70	Times
800m	Women	Junior, Senior & U23	Times
800m	Men	Junior, Senior & U23	Times
800m	Men	O35 – M80	Times
12:45			
400mH	Women	Junior & Senior	
400mH	Men	Junior & Senior	
1:00pm			
100m Sprint	Women	Jnr, Snr & U23	Heats
100m Sprint	Women	O35 – O75	Times
100m Sprint	Men	Jnr, Snr & U23	Heats
100m Sprint	Men	O35 – O85	Times
1:45pm			
Steeplechase	Men	Jnr, Snr & U23	Final
2:15pm			
100m Sprint	Men	Jnr, Snr & U23	Finals
100m Sprint	Women's	Jnr, Snr & U23	Finals
2:30pm			
Steeplechase	Women	Jnr, Snr & U23	Final
3:00pm			
200m	Women	Jnr, Snr & U23	Times
200m	Women	O35 – O70	Times
200m	Men	Jnr, Snr & U23	Times
200m	Men	O35 – O80+	Times
3:45pm			
400m	Women	Jnr, Snr & U23	Times
400m	Women	O35 – O60	Times
400m	Men	Jnr, Snr & U23	Times
400m	Men	O35 – O80+	Times
4:15pm			
1500m	Women	Jnr, Snr & U23	Finals
1500m	Women	O35 – O70	Finals
1500m	Men	Jnr, Snr & U23	Finals
1500m	Men	O35 – O85	Finals
5:15pm			
4 x 100m	Women	Jnr, Snr, W35	
4 x 100m	Men	Jnr, Snr, M35	

FIELD EVENTS START at 11:00am

11:00	Gender	Category
Javelin (600gr,500gr, 400gr)	Women	Jnr, Snr, U23 & O35 – O75
Hammer (7.26kg)	Men	Senior U23 & O35 – O45
Shot (6kg)	Men	O50 & O55 & Junior
Weight (35lbs)	Men	O60 to O85 & Junior
Pole Vault (Warm Up) Competition at 12 noon	Women & Men	Jnr, U/23 & Senior
Long Jump	Men	Jnr, Snr, U23, O35, O/40
12:00		
High Jump	Women	Jnr, Snr, U23 & O35 – O75
Discus (2k) & (1.75k)	Men	Jnr, Snr,U23 & O35, O45
Javelin (700gr)	Men	O50 & O55
Long Jump	Men	O60 to O85
1:00pm		
Discus (1k)	Women	Jnr, Snr, U23 & O35 – O75
Shot (5k, 4k & 3k)	Men	O65 to O85
Long Jump	Men	O45
High Jump	Men	O50 & O55
1:45pm		
Hammer (5k, 4k & 3k)	Men	O60 to O85
Shot (4k, 3k, 2k)	Women	Jnr Snr, U23 & O35 –O75
High Jump	Men	O45
Long Jump	Men	O50 & O55
2:30pm		
Hammer (6k)	Men	O50 & O55 & Junior
Long Jump	Women	Jnr, Snr, U23 & O35 – O75
Javelin (600gr, 500gr, 400gr)	Men	O60 to O85
Weight (56lbs)	Men	Senior,U23 & O35 to O45
3:00pm		
Hammer (4k, 3k, 2k)	Women	Jnr, Snr, U23 & O35 – O75
Triple Jump	Men	Jnr, Snr, U23 & O35, O45
Shot (7.26k)	Men	Senior, U23, O35 to O45
High Jump	Men	O60 to O85
3:45		
Discus (1k)	Men	O50 & O55
Triple Jump	Women	Jnr, Snr & U23
Javelin (800gr)	Men	Jnr, Snr, U23 & O35, O45
Weight (28lb)	Women	Jnr, Snr, U23 & O35, O45
4:30pm		
High Jump	Men	Jnr, Snr, U23 & O35, O45
Discus (1k)	Men	O60 to O85