

# MUNSTER ATHLETICS - INDOOR CHAMPIONSHIPS 2020

Venue: **Nenagh Olympic Stadium, Nenagh, Co. Tipperary**      First Event: **10:30am**

## TIMETABLE – SUNDAY 16<sup>th</sup> FEBRUARY

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:30	60m H (3'6") (Times)	Men	Senior	11:00	400m (Times)	Women	Senior
	60m H (3'3") (Times)	Men	O35 – O45		400m (Times)	Women	O35 +
	60m H (2'9") (Times)	Women	Senior & O35		400m (Times)	Men	Senior
	60m H (2'9") (Times)	Women	O40 – O45		400m (Times)	Men	O35 +
11:45	60m Sprint Heats	Women	Senior	12:30	800m (Times)	Women	Senior
	60m Sprint (Times)	Women	O35 +		800m (Times)	Women	O35 +
	60m Sprint Heats	Men	Senior		800m (Times)	Men	Senior
	60m Sprint (Times)	Men	O35 +		800m (Times)	Men	O35 +
	60m Sprint Finals	Women	Senior	13:30	200m (Times)	Women	Senior
	60m Sprint Finals	Men	Senior		200m (Times)	Women	O35 +
13:00	High Jump Mat 1	Women	Senior, O35+		200m (Times)	Men	Senior
	High Jump Mat 2	Men	O50 – O75		200m (Times)	Men	O35 +
14:30	High Jump Mat 1	Men	Senior, O35 – O45	14:30	1500m (Times)	Women	Senior
					1500m (Times)	Women	O35 +
					1500m (Times)	Men	Senior
					1500m (Times)	Men	O35 +
				15:45	4 x 200m Relays	Women	Senior
					4 x 200m Relays	Women	O35 +
					4 x 200m Relays	Men	Senior
					4 x 200m Relays	Men	O35 +

### JUMPS

Time	Long Jump	Time	Triple Jump
11:00	Men Senior (Pit 1)	13:00	Men & Women Senior
11:00	Men O35 – O45 (Pit 2)		
12:00	Women Senior (Pit 1)		
12:00	Men O50 + (Pit 2)		
13:00	Women O35 + (Pit 2)		

### THROWS

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
11:00	Men O60 – O65	(5kg)	14:30	Women Senior & O35 – O50	(28lbs)
11:30	Men Junior, O50 – O55	(6kg)			
12:00	Men O70 +	(4kg)	15:30	Men Senior, O35 & O45	(56lbs)
12:30	Women Senior, O35 – O45	(4kg)			
12:30	Women O50 – O75	(3kg)	15:30	Men O50 – O80	(35lbs)
13:30	Men Senior, O35 – O45	(7.26kg)			

All times are approximate and may change in line with the progression of the events

**No Entries accepted on Competition Day.**

### Please Note

**The 3000m & the Walks Championships for Men and Women will be held with the Juvenile U9 – U11 Championships On SATURDAY 15<sup>th</sup> February**

[www.munsterathletics.com](http://www.munsterathletics.com)