

MUNSTER ATHLETICS - INDOOR CHAMPIONSHIPS 2022

Venue: **Nenagh Olympic Stadium, Nenagh, Co. Tipperary** First Event: **9:30am**

PROVISIONAL TIMETABLE – SUNDAY 6th FEBRUARY

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

JUMPS

Time	Long Jump	Time	Triple Jump
10:00	Men Junior / Senior / Junior (Pit 1)	13:00	Men & Women Senior / Junior
10:00	Men O35 – O45 (Pit 2)		
11:00	Women Senior / Junior (Pit 1)		
12:00	Men O50 + (Pit 2)		
13:00	Women O35 + (Pit 2)		

THROWS

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
10:00	Men O60 – O65	(5kg)	14:00	Women Senior / Junior & O35 – O50	(28lbs)
10:30	Men Junior, O50 – O55	(6kg)	14:30	Men Senior / Junior, O35 & O45	(56lbs)
11:00	Men O70 +	(4kg)	14:30	Men O50 – O80	(35lbs)
11:30	Women Senior / Junior, O35 – O45	(4kg)			
12:00	Women O50 – O75	(3kg)			
12:30	Men Senior / Junior, O35 – O45	(7.26kg)			

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

All Walks and 3k events are on Saturday 5th February with Day 1 of the U14 to U16 Championships

No Entries accepted on Competition Day.