



Munster Senior & Masters T&F Championships 2022

Monday 6th June, MTU Cork

Updated Timetable 04 June 2022



Track						Field				
10.30am	110m H (3'6)	3	Men	Senior	Final	9.30am	Hammer (6k, 7.26kg)	7	Men	Senior, O35 – O55
	110m H (3'3")	1	Men	Masters	Final		Hammer (5k, 4k & 3k)	4	Men	O60 to O85
	100m H (2'9")	2	Women	Snr & O35	Final		Hammer (4k, 3k, 2k)	9	Women	Snr, O35 – O75
	80m H (2'6")	4	Women	O40 +	Final					
11.00am	1500m	11	Women	Snr & Masters	Final	11.00am	High Jump	12	Men & Women	Senior & M35 -M45
	1500m	10	Men	Senior	Final		High Jump	7	Men	O50+
	1500m (2 races)	10	Men	Masters	Times		High Jump	3	Women	O35+
11.30pm	100m Sprint (2 Heats)	11	Women	Senior	Heats	11.00am	Discus (2k) & (1.75k)	8	Men	Snr, O35 - O45
	100m Sprint	6	Women	Masters	Times		Discus (1k)	6	Women	Snr, O35 – O75
	100m Sprint (3 Heats)	26	Men	Senior	Heats		Discus (1.5k)	4	Men	O50 & O55
	100m Sprint (Races)	14	Men	Masters	Times		Discus (1k)	13	Men	O60 to O85
12.00pm	400m	6	Women	Senior	Times	11.30am	Pole Vault	4	Women	Senior
	400m	4	Women	Masters	Times		Pole Vault	4	Men	Senior
	400m (2 Heats)	13	Men	Senior	Times					
	400m (3 Races)	16	Men	Masters	Times	1.00pm	Long Jump	6	Men	Senior
							Long Jump	9	Women	Senior
12.30pm	100m Sprint	8	Women	Senior	Finals		Long Jump	8 + 3	Men & Women	Masters
	100m Sprint	8	Men	Senior	Finals					
	100m Sprint Trail		Men & Women	Snr & Masters	Times	1.30pm	Javelin (600gr,500gr, 400gr)	8	Women	Snr, O35 – O75
							Javelin (700gr)	4	Men	O50 & O55
1.00pm	4x 100m Relay	1	Women	Senior	Final		Javelin (600gr, 500gr, 400gr)	10	Men	O60 to O85
	4x 100m Relay	0	Women	Masters	Final		Javelin (800gr)	10	Men	Snr, O35 - O45
	4x 100m Relay	2	Men	Senior	Final					
	4x 100m Relay	0	Men	Masters	Final					
						2.30pm	Shot (6kg)	9	Men	O50 & O55
1.15pm	5000m	12	Men & Women	Senior	Finals		Shot (5k, 4k & 3k)	14	Men	O60 to O85
							Shot (4k, 3k, 2k)	10	Women	Snr, O35 –O75
							Shot (7.26k)	10	Men	Senior, O35 - O45
2.00pm	200m	8	Women	Senior	Final					
	200m	6	Women	Masters	Times	3.30pm	Weight (35lbs)	12	Men	O50+
	200m (3 heats)	19	Men	Senior	Heats		Weight (56lbs)	7	Men	Senior, O35 to O45
	200m (3 Races)	13	Men	Masters	Times		Weight (28lb)	9	Women	Snr, O35 - O45
							Weight (20lb)	1	Women	O50+
2.30pm	3000m	14	Men & Women	Masters	Finals					
						3.30pm	Triple Jump	7	Men	Senior & Masters
							Triple Jump	8	Women	Senior & Masters
3.00pm	300mH (2'3)	1	Women	Masters	Final					
	400mH (2'6)	2	Women	Senior	Times					
	400mH (3'0)	5	Men	Snr & Masters	Times					
3.30pm	800m	6	Women	Snr & Masters	Finals					
	800m	12	Men	Senior	Final					
	800m (2 Races)	18	Men	O35 – O85	Times					
4.00pm	200m	8	Men	Senior	Final					
4.30pm	4x 400m Relay	1	Women	Senior	Final					
	4x 400m Relay		Women	Masters	Final					
	4x 400m Relay	2	Men	Senior	Final					
	4x 400m Relay		Men	Masters	Final					

Notes

- Numbers will be available at the Office
- Checkin for Track events at the Start Line
- Checkin for the 400m Hurdles @ the office & closes @ 2pm
- Checkin for Field events at the event
- Events may be called up to 15 minutes ahead of Schedule up to 2pm , 30 minutes after 2pm, running order of categories may change in field events.
- An additional 100m race will be run @ final time for any athletes who did not qualify for a final (snr & masters), times will be given at the finish line, results will not be published
- Additional help will be needed to run off the field events, your help is appreciated.
- Results available @ live.munsterathletics.com
- Munster Athletics wishes you all a Successful Championships