

Cork IT Sunday August 1st 2010.

Series	Track	H. J.	L. J.	Shot	Disc	Jav	56lb Dist	Hammer
11.00								
11.30	4 x 100 R	Men 50 +	Women			M 35-45		Women
12.00	1500m.	M 35 -45		Women		M 50 +		
12.30	100m				M 35-45	Women		
13.00		Women	M 35-45					
13.30	3000m Men				M 50 +			
14.00	400m		M 50+	M 35-45				
14.15	3000 Women			M 50 +	Women			
14.45	200m						M 35-45	
15.00	800m						M 50 +	

	M35-45	M50-55	M60-65	M70-75	M80+	W35	W40-45	W50-55	W60 +
Shot	7.26kg	6Kg	5Kg	4 Kg	4 Kg	4 Kg	4 Kg	3Kg	3Kg
Disc	2 Kg	1.5Kg	1Kg	1 Kg	1 Kg	1 Kg	1Kg	1 Kg	1Kg
Jav	800g	700g	600g	500g	400g	600g	600g	500g	400g
Ham	7.26kg	6Kg	5Kg	4 Kg	4Kg	4 Kg	4 Kg	3Kg	3 Kg
Weight	56lbs	35lbs	28lbs	28lbs					

Masters field events other than High Jump, best of four attempts
Masters Athletes Limited to 4 events (Track or Field) plus relay