

MUNSTER ATHLETICS - INDOOR CHAMPIONSHIPS 2019

Venue: **Nenagh Olympic Stadium, Nenagh, Co. Tipperary** First Event: **10:45am**

TIMETABLE – SUNDAY 10th FEBRUARY

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:30	60m H (3'6") (Times)	Men	Senior & U23	11:00	400m (Times)	Women	Senior, Junior & U23
	60m H (3'3") (Times)	Men	Junior & O35 – O45		400m (Times)	Women	O35 – O70
	60m H (3'3") (Times)	Men	Junior		400m (Times)	Men	Senior, Junior & U23
	60m H (2'9") (Times)	Women	Senior, Junior & U23		400m (Times)	Men	O35 – O70
11:45	60m Sprint Heats	Women	Senior, Junior & U23	12:30	800m (Times)	Women	Senior, Junior & U23
	60m Sprint Heats	Women	O35 – O70		800m (Times)	Women	O35 – O70
	60m Sprint (Times)	Men	Senior, Junior & U23		800m (Times)	Men	Senior, Junior & U23
	60m Sprint (Times)	Men	O35 – O85		800m (Times)	Men	O35 – O70
	60m Sprint Finals	Women	Senior, Junior & U23	13:30	200m (Times)	Women	Senior, Junior & U23
	60m Sprint Finals	Men	Senior, Junior & U23		200m (Times)	Women	O35 – O70
					200m (Times)	Men	Senior, Junior & U23
13:00	High Jump Mat 1	Women	Senior, Junior, U23		200m (Times)	Men	O35 – O70
13:00	High Jump Mat 1	Women	O35 – O70				
13:00	High Jump Mat 2	Men	O50 – O75	14:30	1500m (Times)	Women	Senior, Junior & U23
14:30	High Jump Mat 1	Men	Senior, Junior, U23		1500m (Times)	Women	O35 – O60
14:30	High Jump Mat 2	Men	O35 – O45		1500m (Times)	Men	Senior, Junior & U23
					1500m (Times)	Men	O35 – O70+
				15:45	4 x 200m Relays	Women	Senior, Junior
					4 x 200m Relays	Women	O35
					4 x 200m Relays	Men	Senior, Junior
					4 x 200m Relays	Men	O35 – O70

JUMPS

Time	Long Jump	Time	Triple Jump	Time	Pole Vault
11:00	Men Senior & Junior & U23	13:00	Women Senior, Junior, U23	14:00	Men Senior, Junior & U23
11:00	Men O35 – O45				Women Senior, Junior & U23
11:30	Women Senior & Junior & U23	14:00	Men Senior, Junior, U23		
12:00	Men & Women Senior				
12:00	Men O50 – O75				
12:30	Women O35 – O70				

THROWS

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
11:00	Men O60 – O65	(5kg)	14:00	Women Senior & O35 – O50	(28lbs)
11:30	Men O50 – O55	(6kg)			
12:00	Men O70 – O75	(4kg)	15:30	Men Senior, O35 & O45	(56lbs)
12:30	Women Senior, Junior, U23 + O35 – O45	(4kg)			
12:30	Women O50 – O75	(3kg)	15:30	Men Junior, U23 & O50 – O80	(35lbs)
13:30	Men Senior, Junior, U23 + O35 – O45	(7.26kg)			

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

Please Note

The 3k & 5k + the Walks Championships for Men and Women will be held with the Juvenile U9 – U11 Championships On SATURDAY 9th February

www.munsterathletics.com