



Munster Athletics

Senior & Masters T & F Championships 2019

Sunday 9th June – Venue: TBC

Timetable - Sunday

TRACK				FIELD			
Time	Event	Gender	Category	Time	Event	Gender	Category
11:00	110m H (3'6")	Men	Senior & U23	11:00	Javelin (600)	Women	Senior, U23 & W35 – W70
	110m H (3'3")	Men	M35 – M45	12:00	High Jump	Women	Senior, U23 & W35 – W70
	100m H (2'9")	Women	Senior, U23 & W35	12:30	Discus (1kg)	Women	Senior, U23 & W35 – W70
	80m H (2'6")	Women	W40, W45	13:30	Shot Put (4kg)	Women	Senior, U23 & W35 – W70
				14:30	Hammer (4kg)	Women	Senior, U23 & W35 – W70
12:00	100m Sprint	Women	All Categories	15:00	Long Jump	Women	Senior, U23 & W35 – W70
	100m Sprint	Men	All Categories	15:45	Weight FD (28kg)	Women	Senior, U23 & W35 – W70
12:45	800m	Women	Masters W 35 – W70	11:00	Hammer (7.26kg)	Men	Senior, U23 & M35 – M45
	800m	Women	Senior & U23	12:00	Discus (2kg)	Men	Senior, U23 & M35 – M45
	800m	Men	Senior & U23	13:00	Long Jump	Men	Senior, U23 & M35 – M45
	800m	Men	Masters M35 – M80	14:00	High Jump	Men	Senior, U23 & M35 – M45
				14:15	Javelin (800gr)	Men	Senior, U23 & M35 – M45
1:30	Steeplechase	Men	All Categories	15:45	Shot Put (7.26kg)	Men	Senior, U23 & M35 – M45
				16:45	Weight FD (56lb)	Men	Senior, U23 & M35 – M45
1:45	100m Sprint	Finals	All Categories				
				11:00	Shot Put (6kg)	Men	M50 – M55
2:00	Steeplechase	Women	All Categories	12:15	Javelin (700gr)	Men	M50 – M55
				14:00	Long Jump	Men	M50 – M55
2:30	200m	Women	Senior & U23	14:00	Discus (1.5kg)	Men	M50 – M55
	200m	Women	Masters W35 – W70	15:30	Hammer (9kg)	Men	M50 – M55
	200m	Men	Senior & U23	15:30	High Jump	Men	M50 +
	200m	Men	Masters W35 – W80	17:30	Weight FD (35lb)	Men	M50 – M55
3:15	400m	Women	All Categories	11:00	Weight FD (35lb)	Men	M60 – M65
	400m	Men	All Categories	11:00	Weight FD (28lb)	Men	M70 +
				12:30	Hammer(5kg)	Men	M60 – M65
4:00	1500m	Women	All Categories	13:30	Shot Put (5kg)	Men	M60 – M65
	1500m	Men	All Categories	15:30	Discus (1kg)	Men	M60 – M65
				16:00	Long Jump	Men	M60 – M65
4:45	4 x 100m	Women	Senior & U23	15:30	Javelin (600gr)	Men	M60 – M65
	4 x 100m	Women	W35				
	4 x 100m	Men	Senior & U23				
	4 x 100m	Men	M35				