Athletics	Iroland
AUHEUCS	HEIGHU

TRACK

PROVISIONAL TIMETABLE

GloHealth INDOOR CHAMPIONSHIPS

2	L

31	11.00	60mH Men	Final		11.00	Shot Putt	M70+
Z		60mH Women	Final			Cinco. Cid	
	11.30	3000m Walk Women	Final		11.30	Long Jump(Pit1)	M35+M40
	11.55	3000m Walk Men	Final			Long Jump(Pit2)	M45+M50
	12.15	60m Women			11.30	High Jump	Women
	12.40	60m Men	AND PLANTS		12.00	Shot Putt	M60+M65
	13.25	800m Women	Final		13.00	Shot Putt	Women
		800m Men	Final		12.45	Long Jump(Pit 1)	M55+M60
	14.20	400m Women	Final			Long Jump(Pit 2)	M65+
U		400m Men	Final		12.45	High Jump	M55+M60
N	15.05	3000m Women	Final			High Jump	M65
	15.25	3000m Men	Final		14.30	Shot Putt	M35,M40+M45
	16.30	200m Women					
		200m Men			14.15	Long Jump	Women
	17.30	1500m Women	Final		14.45	High Jump	M35+M40
		1500m Men	Final	#	# / %	High Jump	M45+M50
	18.30	4x200m Men	Final /		15.30	Shot Putt	M50+M55
		4x200m Women	Final	Z L	5	6/27	

GLOHEALTH NATIONAL MASTER INDOOR CHAMPIONSHIPS

AIT INTERNATIONAL ARENA, ATHLONE SUNDAY 20TH MARCH 2016

Medals will be decided on Times
Timetable subject to change, please be alert to announcements on the day