

Gate Opens at 8:30am

Check in opens 90 minutes before your event

and Closes 45 prior to your event

Please Note:

Master long Hurdles, Steeplechase and Heavy Hammer will take place at the AAI Games
on the **13th & 14 of July** at the **Morton Stadium, Santry**

Track				Field			
<p>10:00 100m Women</p> <p>10:25 100m Men</p> <p>11:00 3k Walk Women</p> <p>11:00 3k Walk Men 065+</p> <p>11:00 5k Walk Men</p> <p>11:50 800m Women</p> <p>12:00 800m Men</p> <p>12:30 200m Women</p> <p>13:50 200m Men</p> <p>14:00 80mH Women 40+ (0.762m)</p> <p>14:00 80mH Men 060+ (0.762m)</p> <p>14:05 100mH Women 35-39 (0.762m)</p> <p>14:05 100mH Men 50-59 (0.838m)</p> <p>14:10 110mH Men 35-49 (0.991m)</p> <p>14:20 3000m Women</p> <p>14:40 5000m Men</p> <p>15:50 400m Women</p> <p>16:10 400m Men</p> <p>17:00 4x100m Women</p> <p>17:00 4x100m Men</p> <p>17:10 1500m Women</p> <p>17:20 1500m Men</p> <p>17:45 4x400m Women</p> <p>17:50 4x400m Men</p>					<p>10:00 Hammer Men 35 -59</p> <p>10:40 Hammer Men 60+</p> <p>11:20 Hammer Women</p> <p>12:30 Discus Men 35-49</p> <p>13:40 Discus Men 50-59</p> <p>14:40 Discus Men 60+</p> <p>15:20 Discus Women</p> <p>10:00 Shot Put Women</p> <p>11:00 Shot Put Men 35-49</p> <p>11:40 Shot Put Men 50-69</p> <p>12:20 Shot Put Men 70+</p> <p>13:30 Javelin Women</p> <p>14:20 Javelin Men 60+</p> <p>15:10 Javelin Men 035-59</p> <p>16:00 Weight FD Women</p> <p>17:20 Weight FD Men</p> <p>11:00 Long Jump Women</p> <p>12:00 Long Jump Men 55+</p> <p>13:30 Long Jump Men 35-54</p> <p>14:30 Triple Jump Women</p> <p>15:00 Triple Jump Men</p> <p>11:00 Pole Vault Women</p> <p>11:00 Pole Vault Men</p> <p>12:30 High Jump Men 35-54</p> <p>14:00 High Jump Women</p> <p>15:30 High Jump Men 55+</p>		