

GloHealth

NATIONAL MASTERS TRACK & FIELD

CHAMPIONSHIPS 2016

Timetable

11.00	100m	Women	Times	11.00	Javelin	35+	Women
11.25	100m	Men	Times	12.00	High Jump	35+	Women
				12.30	Discus Infield	35+	Women
12.00	3000m	Women	Final	13.30	Shot Put Infield	35+	Women
				14.30	Hammer Outfield	35+	Women
12.15	3000m Walk	Women	Final	15.00	Long Jump	35+	Women
12.35	5000m Walk	Men	Final				
13.10	200m	Women	Times	11.00	Hammer Outfield	35-49	Men
13.30	200m	Men	Times	12.00	Discus Outfield	35-49	Men
				13.00	Long Jump	35-49	Men
14.10	800m	Women	Final	14.00	High Jump	35-49	Men
14.30	800m	Men	Final	14.15	Javelin	35-49	Men
				15.45	Shot Put Infield	35-49	Men
				16.45	Weight for distance 56lb	35-49	Men
15.00	5000m	Men Race 1	Final	11.00	Shot Put Infield	50-59	Men
	5000m	Men Race 2	Final	12.15	Javelin	50-59	Men
	5000m	Men Race 3	Final	14.00	Long Jump	50-59	Men
				14.00	Discus Outfield	50-59	Men
16.10	100mH 35-39	Women	Final	15.30	Hammer Outfield	50-59	Men
	80mH 40-49	Women	Final	15.30	High Jump	50+	Men
	Hurdles 35-49	Men	Final	17.30	Weight for Distance 35lb	50- 59	Men
16.30	400m	Women	Times	11.00	Weight 35lb	60-69	Men
16.55	400m	Men	Times	11.00	Weight for Distance 28lb	70 +	Men
17.30	1500m	Women	Final	12.30	Hammer Outfield	60+	Men
17.45	1500m	Men	Final	13.30	Shot Put Outfield	60+	Men
18.15	4 x 100m	Women		15.30	Discus Outfield	60 +	Men
	4 x 100m	Men		16.00	Long Jump	60 +	Men
	4 x 400m	Women		16.30	Javelin	60+	Men
	4 x 400m	Men					

Tullamore Harriers Stadium
 Sunday 21st August 2016
 ATHLETICSIRELAND.IE

