



**Irish Life**  
**health**



**IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS**  
**SUNDAY 6TH SEPTEMBER 2020, MORTON STADIUM**  
**TIMETABLE**

Online Check-In opens 4 hours prior to your event.  
Check in is not complete until athlete is on site and has collected their bib.  
Gate opens 90 minutes prior to your event  
Check-In Closes 1 hour prior to your event

**TRACK**

|               |              |
|---------------|--------------|
| 10:00 3k Walk | Master Women |
| 10:00 5k Walk | Master Men   |
| 10:40 100m    | Master Women |
| 10:40 100m    | Master Men   |
| 11:30 1500m   | Master Women |
| 11:30 1500m   | Master Men   |
| 13:15 200m    | Master Women |
| 13:15 200m    | Master Men   |
| 13:45 3000m   | Master Women |

**BREAK**

|             |                    |
|-------------|--------------------|
| 14:45 400m  | Master Women       |
| 14:45 400m  | Master Men         |
| 15:15 800m  | Master Women       |
| 15:15 800m  | Master Men         |
| 16:05 110mH | 35-49 Master Men   |
| 16:05 100mH | 35-39 Master Women |
| 16:05 80mH  | 40-49 Master Women |
| 16:20 5000m | Master Men         |

**FIELD**

|                 |              |
|-----------------|--------------|
| 10:00 Hammer    | Master Women |
| 10:00 Hammer    | Master Men   |
| 10:30 High Jump | Master Women |
| 10:30 High Jump | Master Men   |
| 12:30 Discus    | Master Women |
| 12:30 Discus    | Master Men   |
| 13:00 Javelin   | Master Women |
| 13:00 Javelin   | Master Men   |
| 13:45 Long Jump | Master Women |
| 13:45 Long Jump | Master Men   |

|                |              |
|----------------|--------------|
| 15:30 Weight   | Master Women |
| 15:30 Weight   | Master Men   |
| 16:00 Shot Put | Master Women |
| 16:00 Shot Put | Master Men   |