



# Masters Track & Field Championships of Ireland



Sunday 15th August 2010

## TIMETABLE

<u>TRACK</u>				<u>FIELD</u>		
11.00	100 m	Women	*Timed	<u>THROWS</u>		
11.25	100 m	Men	*Timed	11.00	Shot	M35 to M55 Men
11.55	3000 m	Women	Final	11.00	Hammer	M60 + Men
				11.00	Javelin	W35 + Women
				12.30	Shot	M60 + Men
				12.30	Shot	W35 + Women
12.10	3000m Walk	Women	Final	12.30	Hammer	M35 to M55 Men
12.40	5000m Walk	Men	Final	14.00	Discus	M35 to M55 Men
13.10	200m	Women	*Timed	14.00	Javelin	M60 + Men
13.30	200m	Men	*Timed			
				14.00	Hammer	W35 + Women
14.10	800m	Women	Final	15.00	Discus	W35 + Women
14.30	800m	Men	Final			
15.00	5000m	Men R1	Final	15.30	Javelin	M35 to M55 Men
15.25	5000m	Men R2	Final			
15.50	400m	Women	Final	15.30	Discus	M60 + Men
16.10	400m	Men	Final			
16.30	1500m	Women	Final	<u>JUMPS</u>		
16.45	1500m	Men	Final	13.15	High Jump	M35 – M60 Men
				13.15	Long Jump	Women
				15.30	High Jump (M65+)?	Men/ Women
17.00	4 x 100m ?	Women	Final	15.15	Long Jump	Men
17.10	4 x 100m ?	Men	Final	16.00	56lbs for distance	Men
17.20	4 x 400m ?	Women	Final			
17.30	4 x 400m ?	Men	Final			

**\*100m and 200m will be decided on times if heats prove necessary**

Please note this timetable is subject to change, if necessary the programme will be brought forward.

**Doping is Cheating AAI is Committed to Drugs Free Sport**