

# National Indoor Championships



## TRACK

11.00	60mH Men	Final
	60mH Women	Final
11.30	3000m Walk Women	Final
11.55	3000m Walk Men	Final
12.15	60m Women	
12.40	60m Men	
13.25	800m Women	Final
	800m Men	Final
14.20	400m Women	Final
	400m Men	Final
15.05	3000m Women	Final
15.25	3000m Men	Final
16.30	200m Women	
	200m Men	
17.30	1500m Women	Final
	1500 Men	Final
18.30	4x200m Men	Final
	4x200m Women	Final

## FIELD

11.00	Shot Put	M70+
11.30	Long Jump	M35+M40
	Long Jump	M45+M50
11.30	High Jump	Women
12.00	Shot Put	M60+M65
13.00	Shot Put	Women
12.45	Long Jump(Pit1)	M55+M60
	Long Jump(Pit2)	M65+
12.45	High Jump	M55+M60
	High Jump	M65
14.30	Shot Put	M35,M40+M45
15.00	Long Jump	Women
14.45	High Jump	M35+M40
	High Jump	M45+M50
15.30	Shot Put	M50+M55
16.00	Weight for Distance	

**NATIONAL MASTERS CHAMPIONSHIPS**  
**AIT INTERNATIONAL INDOOR ARENA**  
**SUNDAY 5TH MARCH 2017**

Please Note: Timetable is subject to change, the starting time of events may be brought forward up to 45 minutes from the proposed Timetable.

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