



Irish Life
health



**Athletics
Ireland**

IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS

SUNDAY 18TH AUGUST 2019, TULLAMORE

TIMETABLE (UPDATED 14/08/19)

TRACK

FIELD

11.00	100m	Women	Times	11.00	Javelin	35-49 Women
11.25	100m	Men	Times	12.00	Javelin	50+ Women
				12.00	High Jump	35+ Women
12.00	3000m	Women	Final	12.30	Discus Infield	35-49 Women
12.15	3000m Walk	Women	Final	13.15	Shot Put Infield	50+Women
				14.15	Shot Put Infield	35-49 Women
12.15	3000m Walk	Men 80+	Final	14.15	Discus Infield	50+ Women
12.35	5000m Walk	Men 35-79	Final	15.00	Long Jump	35+ Women
13.10	200m	Women	Times	16.15	Hammer Outfield	35-49 Women
13.30	200m	Men	Times	16.15	Weight for Distance 9kg	50+ Women
				17.15	Hammer Outfield	50+ Women
14.10	800m	Women	Final	17.15	Weight for Distance 28lbs	35-49 Women
14.30	800m	Men	Final			
				11.00	Hammer Outfield	35-49 Men
15.00	5000m	Men Race 1	Final	12.00	Discus Outfield	35-49 Men
	5000m	Men Race 2	Final	13.00	Long Jump	35-49 Men
	5000m	Men Race 3	Final	14.00	High Jump	35-49 Men
16.10	80mH	40-49 Women	Final	14.15	Javelin	35-49 Men
	100mH	35-39 Women	Final	15.45	Shot Put Infield	35-49 Men
	110mH	35-49 Men	Final	16.45	Weight for Distance 56lb	35-49 Men
16.30	400m	Women	Times	11.00	Shot Put Infield	50-59 Men
16.55	400m	Men	Times	13.00	Javelin	50-59 Men
17.30	1500m	Women	Final	14.00	Long Jump	50-59 Men
17.45	1500m	Men	Final	14.00	Discus Outfield	50-59 Men
18.15	4 x 100m	Women		15.30	Hammer Outfield	50-59 Men
	4 x 100m	Men		15.30	High Jump	50+ Men
	4 x 400m	Women		17.30	Weight for Distance 35lb	50- 59 Men
	4 x 400m	Men				
				11.00	Weight for Distance 35lb	60-69 Men
				11.00	Weight for Distance 28lb	70 + Men
				12.30	Hammer Outfield	60+ Men
				13.30	Shot Put Outfield	60+ Men
				15.30	Discus Outfield	60 + Men
				16.00	Long Jump	60 + Men
				16.30	Javelin	60+ Men

Based on Final Entries, some small time changes may take place.