



IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS
SUNDAY 5TH SEPTEMBER 2021, MORTON STADIUM
TIMETABLE

Check in & BIB Collection will take place on entering the stadium
Access to stadium will only be allowed 90 minutes prior to your event
Check-In Closes 1 hour prior to your event

TRACK

| | |
|---------------|------------------------|
| 10:00 100m | Master Women |
| 10:20 100m | Master Men |
| 10:55 3K Walk | Master Women |
| 10:55 5K Walk | Master Men |
| 11:40 800m | Master Women |
| 11:55 800m | Master Men |
| 12:30 200m | Master Women |
| 12:50 200m | Master Men |
| 13:30 80mH | Master Women (O40-O45) |
| 13:35 100mH | Master Women (O35) |
| 13:45 110mH | Master Men (O35-O45) |
| 13:55 3000m | Master Women |
| 14:30 5000m | Master Men |
| 15:50 400m | Master Women |
| 16:00 400m | Master Men |
| 16:40 4x100m | Master Women |
| 16:45 4x100m | Master Men |
| 16:50 1500m | Master Women |
| 17:05 1500m | Master Men |
| 17:40 4x400m | Master Women |
| 17:50 4x400m | Master Men |

FIELD

| | | |
|-----------------|--------------|-----------|
| 10:00 Hammer | Master Men | (O35-O55) |
| 10:00 Shot Put | Master Women | |
| 10:35 Hammer | Master Men | (O60+) |
| 10:50 Shot Put | Master Men | (O35-O45) |
| 11:00 Long Jump | Master Women | |
| 11:10 Hammer | Master Women | |
| 11:20 Shot Put | Master Men | (O50-O55) |
| 11:45 Long Jump | Master Men | (O50+) |
| 11:50 Shot Put | Master Men | (O60+) |
| 12:00 High Jump | Master Men | (O35-O45) |
| 12:30 Discus | Master Men | (O35-O55) |
| 13:00 High Jump | Master Women | |
| 13:20 Discus | Master Men | (O60+) |
| 13:30 Javelin | Master Women | |
| 13:30 Long Jump | Master Men | (O35-O45) |
| 14:10 Discus | Master Women | |
| 14:10 Javelin | Master Men | (O55+) |
| 14:30 High Jump | Master Men | (O50+) |
| 14:50 Javelin | Master Men | (O35-O50) |
| 15:00 Weight D | Master Women | |
| 16:00 Weight D | Master Men | |