



National Indoor Championships

TRACK

FIELD

10:00	60m	Women	10:00	Pole Vault	
	60m	Men	10:00	Long Jump	Men (O35-54)
10:50	1500m	Women	11:00	Long Jump	Women
	1500m	Men	12:00	Long Jump	Men (O55+)
11:20	Walks	Women	12:00	High Jump	Men (O50+)
11:45	60mH	Women	11:00	High Jump	Men (O35-49)
	60mH	Men	13:30	High Jump	Women
12:15	Walks	Men	10:00	Shot Put	Women (O35-49)
12:40	200m	Women	11:00	Shot Put	Women (O50+)
	200m	Men	12:00	Shot Put	Men (O35-49)
14:00	800m	Women	13:30	Shot Put	Men (O50+59)
	800m	Men	14:30	Shot Put	Men (O60+)
14:30	3000m	Women	14:30	Triple Jump	
	3000m	Men	15:30	Weight	Women (O35-49) Pit 1
15:30	400m	Women	15:30	Weight	Women (O35-49) Pit 1
	400m	Men	16:00	Weight	Women (O50+) Pit 1
16:30	4x200m	Women			Men (O50+) Pit 2
	4x200m	Men			

NATIONAL MASTERS CHAMPIONSHIPS

TUS INDOOR ARENA

SATURDAY 30th JANUARY 2022

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