



**IrishLife**  
health

# IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS

Saturday 13th August 2022 , Tullamore

## TIMETABLE



Gate Opens at 8:30am

Check in opens 90 minutes before your event  
and Closes 45 prior to your event

| Track |                |        | Field |              |             |
|-------|----------------|--------|-------|--------------|-------------|
| 10:00 | 100m           | Women  | 10:00 | Hammer       | Men 35-59   |
| 10:25 | 100m           | Men    | 10:40 | Hammer       | Men 60+     |
|       |                |        | 11:20 | Hammer       | Women       |
| 11:10 | 300mH/400mH    | W35-59 | 12:30 | Discus       | Men 35-49   |
| 11:20 | 400mH          | M35-59 | 13:40 | Discus       | Men 50-64   |
| 11:25 | Walks          | Mix    | 14:40 | Discus       | Men 65+     |
|       |                |        | 15:20 | Discus       | Women       |
| 12:10 | 800m           | Women  | 16:20 | Heavy Hammer | Men         |
| 12:20 | 800m           | Men    | 17:00 | Heavy Hammer | Women       |
| 12:45 | 3000m SC       | M35-59 |       |              |             |
| 13:00 | Athlete Parade |        | 10:00 | Shot Put     | Women       |
|       |                |        | 11:00 | Shot Put     | Men 35-49   |
| 13:20 | 200m           | Women  | 11:40 | Shot Put     | Men 50-64   |
| 13:40 | 200m           | Men    | 12:20 | Shot Put     | Men 65+     |
| 14:15 | 80mH           | W40-59 | 13:30 | Javelin      | Women       |
| 14:20 | 100mH          | M50-59 | 14:20 | Javelin      | Men 60+     |
| 14:25 | 110mH          | M35-49 | 15:10 | Javelin      | Men 35-59   |
| 14:30 | 3000m          | Women  | 16:00 | Weight       | Women       |
| 14:50 | 5000m          | Men    | 17:00 | Weight       | Men         |
| 16:10 | 400m           | Women  | 11:00 | Long Jump    | Women       |
| 16:25 | 400m           | Men    | 12:00 | Long Jump    | Men 55+     |
|       |                |        | 13:30 | Long Jump    | Men 35-54   |
| 17:00 | 4x100m         | Women  | 14:30 | Triple Jump  | Women 35-59 |
| 17:00 | 4x100m         | Men    | 15:00 | Triple Jump  | Men 35-59   |
| 17:10 | 1500m          | Women  | 11:00 | Pole Vault   | Men 35-59   |
| 17:20 | 1500m          | Men    |       |              | Women 35-59 |
| 17:45 | 4x400m         | Women  | 12:30 | High Jump    | Men 35-54   |
| 17:50 | 4x400m         | Men    | 14:00 | High Jump    | Women       |
|       |                |        | 15:30 | High Jump    | Men 55+     |