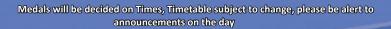


National Indoor Championships

	TRACK			FIELD	
11.00	60mH Men	Final	11.00	Shot Put	M70+
TT.00	60mH Women	Final	11.00	Silot Put	IMI/UT
11.30	3000m Walk Women	Final	11.30	Long Jump	M35+M40
11.55	3000m Walk Men	Final		Long Jump	M45+M50
12.15	60m Women	ZANINAST	11.30	High Jump	Women
12.40	60m Men	DENINE:	12.00	Shot Put	M60+M65
13.25	800m Women	Final	13.00	Shot Put	Women
	800m Men	Final	12.45	Long Jump(Pit1)	M55+M60
14.20	400m Women	Final		Long Jump (Pit2)	M65+
	400m Men	Final	12.45	High Jump	M55+M60
15.05	3000m Women	Final		High Jump	M65
15.25	3000m Men	Final	14.30	Shot Put	M35,M40+M45
16.30	200m Women		47.00		200
45.00	200m Men		15.00	Long Jump	Women
17.30	1500m Women	Final	14.45	High Jump	M35+M40
40.20	1500 Men	Final Final	1 1 20 1	High Jump	M45+M50
18.30	4x200m Men	Final	15.30	Shot Put	M50+M55
	4x200m Women	Final	1 6.00	Weight for Distance	

NATIONAL MASTERS CHAMPIONSHIPS **AIT INTERNATIONAL INDOOR ARENA**

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



Athletics

