



Irish Life
health



IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS
SUNDAY 6TH SEPTEMBER 2020, MORTON STADIUM
TIMETABLE

Online Check-In opens 4 hours prior to your event.
Check in is not complete until athlete is on site and has collected their bib.
Gate opens 90 minutes prior to your event
Check-In Closes 1 hour prior to your event

TRACK

10:00 3k Walk	Master Women
10:00 5k Walk	Master Men
10:40 100m	Master Women
10:40 100m	Master Men
11:30 1500m	Master Women
11:30 1500m	Master Men
13:15 200m	Master Women
13:15 200m	Master Men
13:45 3000m	Master Women

BREAK

14:45 400m	Master Women
14:45 400m	Master Men
15:15 800m	Master Women
15:15 800m	Master Men
16:05 110mH	35-49 Master Men
16:05 100mH	35-39 Master Women
16:05 80mH	40-49 Master Women
16:20 5000m	Master Men

FIELD

10:00 Hammer	Master Women
10:00 Hammer	Master Men
10:30 High Jump	Master Women
10:30 High Jump	Master Men
12:30 Discus	Master Women
12:30 Discus	Master Men
13:00 Javelin	Master Women
13:00 Javelin	Master Men
13:45 Long Jump	Master Women
13:45 Long Jump	Master Men

15:30 Weight	Master Women
15:30 Weight	Master Men
16:00 Shot Put	Master Women
16:00 Shot Put	Master Men