

National Indoor Championships



Senior Championship Events:

Senior Women Weight for Distance 15.00

Senior Men Weight for Distance 16.00

Senior Athletes throw at same time as Master Athletes

TRACK

11.00	60mH Men	Final
	60mH Women	Final
11.30	3000m Walk Women	Final
11.55	3000m Walk Men	Final
12.15	60m Women	
12.40	60m Men	
13.25	800m Women	Final
	800m Men	Final
14.20	400m Women	Final
	400m Men	Final
15.05	3000m Women	Final
15.25	3000m Men	Final
16.30	200m Women	
	200m Men	
17.30	1500m Women	Final
	1500m Men	Final
18.30	4x200m Men	Final
	4x200m Women	Final

FIELD

11.00	Shot Put	M70+
11.30	Long Jump	M35+M40
	Long Jump	M45+M50
11.30	High Jump	Women
12.00	Shot Put	M60+M65
13.00	Shot Put	Women
12.45	Long Jump(Pit1)	M55+M60
	Long Jump(Pit2)	M65+
12.45	High Jump	M55+M60
	High Jump	M65
14.30	Shot Put	35,M40+M45
15.00	Weight for Distance	Women
15.00	Long Jump	Women
14.45	High Jump	M35+M40
	High Jump	M45+M50
15.30	Shot Put	M50+M55
16.00	Weight for Distance	Men

NATIONAL MASTERS CHAMPIONSHIPS
AIT INTERNATIONAL INDOOR ARENA
SUNDAY 10TH MARCH 2019

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