

Provisional Timetable

Final Timetable will be published after closing date when entries are finalised

The following events will take place
 at the AAI Games, Carlow
 on the 19th & 20th of July

Master Long Hurdles
 Master Steeple Chase
 Master Heavy Hammer

Gate Opens at 8:30am

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

Track

| | | |
|--------------|--------|----------------------|
| 10:00 | 100m | Women |
| 10:25 | 100m | Men |
| 11:00 | Walks | Women - 3k, Men - 5k |
| 11:50 | 800m | Women |
| 12:00 | 800m | Men |
| 12:30 | 200m | Women |
| 12:50 | 200m | Men |
| 14:00 | 80mH | W40+ |
| | 80mH | M70+ |
| | 100mH | W35-39 |
| | 100mH | M60-69 |
| | 100mH | M50-59 |
| | 110mH | M35-49 |
| 14.30 | 3000m | Women |
| 14.50 | 5000m | Men |
| 16.00 | 400m | Women |
| 16.20 | 400m | Men |
| 17.10 | 4x100m | Women |
| | 4x100m | Men |
| 17.20 | 1500m | Women |
| 17.30 | 1500m | Men |
| 18.00 | 4x400m | Women |
| 18.10 | 4x400m | Men |

Field

| | |
|--------------|--------------------------------|
| 10:00 | Hammer Men O35-59 |
| 11:30 | Hammer Men O60+ |
| 12:40 | Hammer Women O35-49 |
| 13:50 | Hammer Women O50+ |
| 14:30 | Discus Men O35-49 |
| 15:30 | Discus Men O50-59 |
| 16:30 | Discus Men O60+ |
| 15:30 | Discus Women O35-49 Cage 2 |
| 16:30 | Discus Women O50+ Cage 2 |
| 10:00 | Shot Put Women O35-49 Outfield |
| 11:00 | Shot Put Women O50+ Outfield |
| 11:00 | Shot Put Men O35-49 |
| 12:00 | Shot Put Men O50-69 |
| 14:00 | Shot Put Men O70+ |
| 13:30 | Javelin Women |
| 14:40 | Javelin Men O60+ |
| 15:40 | Javelin Men O35-59 |
| 16:00 | Weight Women |
| 17:00 | Weight Men |
| 11:00 | Long Jump Women |
| 11:45 | Long Jump Men O55+ |
| 13:15 | Long Jump Men O35-54 |
| 14:30 | Triple Jump Women |
| 15:00 | Triple Jump Men |
| 11:00 | Pole Vault Men + Women |
| 12:30 | High Jump Men O35-54 |
| 14:00 | High Jump Women |
| 15:30 | High Jump Men O55+ |