

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+