

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	Women O40+
	80mH	Men O60+
	100mH	W35-39
	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
11:00	Hammer Men O60+
11:40	Hammer Women
13:30	Discus Men O35-49
14:50	Discus Men O50-59
15:50	Discus Men O60+
16:30	Discus Women
10:00	Shot Put Women
11:00	Shot Put Men O35-49
12:00	Shot Put Men O50-69
10:48	Shot Put Men O70+
13:30	Javelin Women
14:20	Javelin Men O60+
15:10	Javelin Men O35-59
16:00	Weight Women
17:00	Weight Men
11:00	Long Jump Women
12:00	Long Jump Men O55+
13:00	Long Jump Men O35-54
14:30	Triple Jump Women
15:15	Triple Jump Men
11:00	Pole Vault Men + Women
13:00	High Jump Men O35-54
14:00	High Jump Women
15:00	High Jump Men O55+