



Junior, U23, Senior & Master Track & Field Championship

Tullamore Harriers, Sunday 3rd June 2018

Start-time: 10:00am

Time	Age Category	Event	Specifications
10:00	Senior & Master O35 Women	100m Hurdles	2'9" 84.0cm
	Masters Women O40-O45	80m Hurdles	2'6" 76.2cm
	Senior & Master Men O35-O45	110m Hurdles	3'3" 99.0cm
10:20	Senior & Masters Women	1500m	
	Senior & Masters Men	1500m	
10:50	Junior, Senior & Master Women	3000m Steeplechase	2'6" 76.2cm
	Junior, Senior & Master Men	3000m Steeplechase	3'0" 91.4cm
11:20	Junior, Senior & Master Women	3000m Walk	
	Junior, Master Men	3000m Walk	
	Senior Men	5000m Walk	
12:00	Senior Women	400m Hurdles	2'6" 76.2cm
	Masters Women O35-O45	400m Hurdles	2'6" 76.2cm
	Senior Men	400m Hurdles	3'0" 91.4cm
	Master Men O35-O45	400m Hurdles	3'0" 91.4cm
12:10	Senior Women A	800m	
	Senior Women B	800m	
	Master Women	800m	
	Senior Men A	800m	
	Senior B & Master O35 Men	800m	
	Master Men O40+	800m	
12:45	Senior Women	200m Sprint	
	Master Women	200m Sprint	
	Senior Men	200m Sprint	
	Master Men	200m Sprint	
13:30	Senior & Master Women	3000m Distance	
	Masters Men O65+	3000m Distance	
	Senior & Master O35 - O40 Men	5000m Distance	
	Masters Men O45 - O60	5000m Distance	
14:30	U23 Women	100m Sprint	
	Senior Women	100m Sprint	
	Masters Women	100m Sprint	
	U23 Men	100m Sprint	
	Senior Men	100m Sprint	
	Masters Men	100m Sprint	
15:00	Senior Women	400m Sprint	
	Master Women	400m Sprint	
	Senior Men	400m Sprint	
	Master Men	400m Sprint	
15:40	Senior Women	4 * 100m Relay	
	Senior Men	4 * 100m Relay	
	Senior Women	4 * 400m Relay	
	Senior Men	4 * 400m Relay	



Age Category	Time	In-Field Jumps	Time	In-Field Throws	Time	Out-Field Throws
Senior & Master Women	10:00	Triple Jump			10:00	Discus
Senior & Master Men		Triple Jump			10:00	Hammer
Senior & Master Women	10:30	High Jump				Hammer
Senior & Master Men		High Jump				Discus
Junior, Senior & Master Women	12:00	Pole Vault				
Junior, Senior & Master Men		Pole Vault				
Senior & Master Women	13:00	Long Jump	13:00	Javelin		
Senior & Master Men		Long Jump		Shot Put		
Senior & Master Men				Javelin		
Senior & Master Women				Shot Put		
Senior & Master Men			15:00	Weight for Dis		
Senior & Master Women				Weight for Dis		

PLEASE NOTE:

Events will not go ahead if we do not have sufficient support.

Athletics Leinster will require club officials to delegate themselves or a club representative at check-in to support us throughout the day.

- Due to the low number of athletes participating in the U23 championships, Athletics Leinster will only host the 100m sprint competition.
- All U23 athletes are welcome to compete as a senior in all other events listed but cannot exceed the 5-event limit between both categories.
- Athlete must be over 20 and under 23 to compete in the U23 100m in the year of competition.
- An athlete declaring as a Master MUST compete in the same age category for all events entered. There is no switching between age categories, i.e. Senior & Master.
- Events may be combined to ensure a valid competition.
- Relays will be held at the end of the programme, entries for relays maybe taken on the day.

Please listen to the P.A. for all announcements in relation to events.

The Event times listed are a guide only

