



IrishLife
health

IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS

Saturday 13th August 2022 , Tullamore

TIMETABLE



Gate Opens at 8:30am

Check in opens 90 minutes before your event

and Closes 45 prior to your event

Draft			Track			Field					
10:00	100m	Women	10:00	Hammer	Men 35-59	10:20	100m	Men	10:35	Hammer	Men 60+
10:55	300mH	W50-59	11:10	Hammer	Women	11:00	400mH	W35-49	12:30	Discus	Men 35-59
11:00	400mH	M35-59	11:15	Walks	Mix	11:10	400mH	M35-59	13:20	Discus	Men 60+
12:00	2000m SC	W35-59	12:20	800m	Women	11:15	Walks	Mix	14:10	Discus	Women
12:20	800m	Men	12:40	800m	Men	12:00	2000m SC	W35-59	15:00	Heavy Hammer	Men
13:00	3000m SC	M35-59	13:00	3000m SC	M35-59	12:20	800m	Women	16:00	Heavy Hammer	Women
13:20	200m	Women	13:20	200m	Women	12:40	800m	Men	10:00	Shot Put	Women
13:35	200m	Men	13:35	200m	Men	13:00	3000m SC	M35-59	10:50	Shot Put	Men 35-49
14:10	80mH	W40-59	14:10	80mH	W40-59	13:20	200m	Women	11:20	Shot Put	Men 50-59
14:15	100mH	W35-39	14:15	100mH	W35-39	13:35	200m	Men	11:50	Shot Put	Men 60+
14:20	100mH	M50-59	14:20	100mH	M50-59	14:10	80mH	W40-59	13:30	Javelin	Women
14:25	110mH	M35-49	14:25	110mH	M35-49	14:15	100mH	W35-39	14:10	Javelin	Men 55+
14:35	3000m	Women	14:35	3000m	Women	14:20	100mH	M50-59	14:50	Javelin	Men 35-54
15:00	5000m	Men	15:00	5000m	Men	14:25	110mH	M35-49	15:00	Weight	Women
16:10	400m	Women	16:10	400m	Women	14:35	3000m	Women	16:00	Weight	Men
16:30	400m	Men	16:30	400m	Men	15:00	5000m	Men	11:00	Long Jump	Women
17:00	4x100m	Women	17:00	4x100m	Women	16:10	400m	Women	11:45	Long Jump	Men 50+
17:10	4x100m	Men	17:10	4x100m	Men	16:30	400m	Men	13:30	Long Jump	Men 35-49
17:20	1500m	Women	17:20	1500m	Women	16:10	400m	Women	14:45	Triple Jump	Women 35-59
17:35	1500m	Men	17:35	1500m	Men	16:30	400m	Men	16:00	Triple Jump	Men 35-59
18:00	4x400m	Women	18:00	4x400m	Women	17:00	4x100m	Women	11:00	Pole Vault	Men 35-59
18:10	4x400m	Men	18:10	4x400m	Men	17:10	4x100m	Men	13:00	High Jump	Men 35-49
						17:20	1500m	Women	14:00	High Jump	Women
						17:35	1500m	Men	15:30	High Jump	Men 50+