

TIPPERARY ATHLETICS - SENIOR & MASTERS INDOOR CHAMPIONSHIPS 2019

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary First Event: 10.30am

TIMETABLE – SUNDAY 30th December 2018 (2019 ages apply)

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:30	60m H (3'6") (Times)	Men	Senior	10:30	3km	Men	Senior, O35 – O70
	60m H (2'9") (Times)	Women	Senior				
				11:00	2km Walk	Men	Senior, O35 – O75
					1km Walk	Women	Senior, O35 – O70
10:45	60m Sprint Heats	Women	Senior	11:30	400m (Times)	Women	Senior
	60m Sprint (Times)	Women	O35 – O70		400m (Times)	Women	O35 – O70
	60m Sprint Heats	Men	Senior		400m (Times)	Men	Senior
	60m Sprint (Times)	Men	O35 – O85		400m (Times)	Men	O35 – O70
	60m Sprint Finals	Women	Senior	12:30	800m (Times)	Women	Senior
	60m Sprint Finals	Men	Senior		800m (Times)	Women	O35 – O70
					800m (Times)	Men	Senior
13:00	High Jump Mat 1	Women	Senior		800m (Times)	Men	O35 – O70
13:00	High Jump Mat 1	Women	O35 – O70				
13:00	High Jump Mat 2	Men	O50 – O75	13:30	200m (Times)	Women	Senior
14:30	High Jump Mat 1	Men	Senior		200m (Times)	Women	O35 – O70
14:30	High Jump Mat 2	Men	O35 – O45		200m (Times)	Men	Senior
					200m (Times)	Men	O35 – O70
				14:30	1500m (Times)	Women	Senior
					1500m (Times)	Women	O35 – O60
					1500m (Times)	Men	Senior
					1500m (Times)	Men	O35 – O70+
					4 x 200m Relays	Women	Senior
					4 x 200m Relays	Women	O35
					4 x 200m Relays	Men	Senior
					4 x 200m Relays	Men	O35 – O70

JUMPS

Time	Long Jump	Time	Triple Jump	Time	Pole Vault
11:00	Men Senior	13:00	Women Senior	14:00	Women Senior
11:00	Men O35 – O45				Men Senior
11:30	Women Senior	14:00	Men Senior		
12:00	Men O50 – O75				
12:30	Women O35 – O70				

THROWS

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
11:00	Men O60 – O65	(5kg)	14:00	Women Senior & O35 – O50	(28lbs)
11:30	Men O50 – O55	(6kg)			
12:00	Men O70 – O80	(4kg)	15:30	Men Senior, O35 & O45	(56lbs)
12:30	Women Senior, O35 – O45	(4kg)			
12:30	Women O50 – O75	(3kg)	15:30	Men O50 – O80	(35lbs)
13:30	Men Senior, O35 – O45	(7.26kg)			

All times are approximate and may change in line with the progression of the events