



**Irish Life**  
**health**



**Athletics**  
**Ireland**

**IRISH LIFE HEALTH MASTERS CHAMPIONSHIPS**  
**SATURDAY 18TH AUGUST 2018, TULLAMORE**  
**PROVISIONAL TIMETABLE**

**TRACK**

**FIELD**

11.00	100m	Women	Times
11.25	100m	Men	Times
12.00	3000m	Women	Final
12.15	3000m Walk	Women	Final
12.35	5000m Walk	Men	Final
13.10	200m	Women	Times
13.30	200m	Men	Times
14.10	800m	Women	Final
14.30	800m	Men	Final
15.00	5000m	Men Race 1	Final
	5000m	Men Race 2	Final
	5000m	Men Race 3	Final
16.10	80mH	40-49 Women	Final
	100mH	35-39 Women	Final
	110mH	35-49 Men	Final
16.30	400m	Women	Times
16.55	400m	Men	Times
17.30	1500m	Women	Final
17.45	1500m	Men	Final
18.15	4 x 100m	Women	
	4 x 100m	Men	
	4 x 400m	Women	
	4 x 400m	Men	

11.00	Javelin	35+ Women
12.00	High Jump	35+ Women
12.30	Discus Infield	35+ Women
13.30	Shot Put Infield	35+ Women
14.30	Hammer Outfield	35+ Women
15.00	Long Jump	35+ Women
15.30	Weight for Distance 28lb	35+ Women
11.00	Hammer Outfield	35-49 Men
12.00	Discus Outfield	35-49 Men
13.00	Long Jump	35-49 Men
14.00	High Jump	35-49 Men
14.15	Javelin	35-49 Men
15.45	Shot Put Infield	35-49 Men
16.45	Weight for Distance 56lb	35-49 Men
11.00	Shot Put Infield	50-59 Men
12.15	Javelin	50-59 Men
14.00	Long Jump	50-59 Men
14.00	Discus Outfield	50-59 Men
15.30	Hammer Outfield	50-59 Men
15.30	High Jump	50+ Men
17.30	Weight for Distance 35lb	50-59 Men
11.00	Weight for Distance 35lb	60-69 Men
11.00	Weight for Distance 28lb	70+ Men
12.30	Hammer Outfield	60+ Men
13.30	Shot Put Outfield	60+ Men
15.30	Discus Outfield	60+ Men
16.00	Long Jump	60+ Men
16.30	Javelin	60+ Men

Based on Final Entries, some small time changes may take place.