

MUNSTER ATHLETICS - INDOOR CHAMPIONSHIPS 2022

Venue: Nenagh Olympic Stadium, Nenagh, Co. Tipperary

TIMETABLE – SATURDAY 5th FEBRUARY

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
15:30	3000m (Times)	Women	Jnr/U23/Snr/Masters	16.30	3000m Walk (Times)	Men & Women	All
	3000m (Times)	Men	Jnr/Snr/Masters				
	3000m (Times)	Men	O55+				

TIMETABLE – SUNDAY 6th FEBRUARY

EVENTS – CENTRE TRACK				EVENTS – MAIN TRACK			
Time	Events	Gender	Categories	Time	Events	Gender	Categories
10:00	60m H (Times)	Women	Masters	10:30	400m (Times)	Women	Jnr/U23/Snr
	60m H (Times)	Women	Jnr/U23/Snr		400m (Times)	Women	Masters
	60m H (Times)	Men	Masters		400m (Times)	Men	Jnr/U23/Snr
	60m H (Times)	Women	Jnr		400m (Times)	Men	Masters
11:30	60m Sprint	Women	Jnr/U23/Snr	13:00	1500m (Times)	Women	Jnr/U23/Snr
	60m Sprint (Times)	Women	Masters		1500m (Times)	Women	Masters
	60m Sprint	Men	Jnr/U23/Snr		1500m (Times)	Men	Jnr/U23/Snr
	60m Sprint (Times)	Men	Masters		1500m (Times)	Men	Masters
	60m Finals	Men & Women	Jnr/U23/Snr				
				14:00	200m (Times)	Women	Jnr/U23/Snr
					200m (Times)	Women	Masters
					200m (Times)	Men	Jnr/U23/Snr
13:00	High Jump Mat 1	Men & Women	Masters O40		200m (Times)	Men	Masters
14:30	High Jump Mat 1	Men & Women	Jnr/U23/Snr/O35	15:00	800m (Times)	Women	Jnr/U23/Snr
					800m (Times)	Women	Masters
					800m (Times)	Men	Jnr/U23/Snr
11:00	Pole Vault	Men & Women	All Categories		800m (Times)	Men	Masters
				15:45	Relays	All	

JUMPS

Time	Long Jump	Time	Triple Jump
10:00	Men Jnr/U23/Snr (Pit 1)	13:00	Men & Women All Categories
11:00	Women Jnr/U23/Snr (Pit 1)		
12:00	Masters Men & Women (Pit 2)		

THROWS

Time	Shot Putt	Weight	Time	Weight for Distance	Weight
10:00	Men O60 – O65	(5kg)	14:00	Women Jnr/U23/Snr/O35 – O45	(28lbs)
10:30	Men Jnr, O50 – O55	(6kg)	14:00	Women O50+	(20lbs)
11:00	Men O70 +	(4kg)	14:30	Men Snr, O35 – O45	(56lbs)
11:30	Women Jnr/U23/Snr, O35 – O45	(4kg)	14:30	Men Jnr/U23/ O50 – O80	(35lbs)
12:00	Women O50 – O75	(3kg)			
12:30	Men U23/Snr, O35 – O45	(7.26kg)			

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

www.munsterathletics.com

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Please Note

No Entries accepted on Competition Day.

The 3000m (15:30) and Walks (16:30) Championships for Men and Women will be held with the Juvenile U14 – U16 Championships On SATURDAY 5th February

Medals will be presented after the Championships

All track events will be finals except for the Jnr/U23/Snr 60m.

Placings will be decided on times

Jnr/ U23/Snr athletes will compete together*, Top 3 athletes to be given Senior medals, Top 3 juniors and Top 3 U23's will be given the junior and U23 medals.

*for Men: Jnr Hurdles, Jnr WFD, U23 WFD and Jnr Shot will be standalone events.

Covid – Please wear a mask a all times except when warming up or competing

Jnr/U23/Snr – 6 Attempts in Throws & Horizontal Jumps

Masters – 4 Attempts in Throws & Horizontal Jumps

Weight For Distance Competition will be held outdoors

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