



ATHLETICS  
IRELAND

**TIPPERARY TRACK & FIELD CHAMPIONSHIPS**  
**JUNIOR/SENIOR/MASTERS**  
**Sunday 24<sup>th</sup> April 2022 @ 11.00AM**  
**TEMPLEMORE TRACK**



**TRACK**

Junior Men Walk 3000m  
Junior Women Walk 2000m  
Senior Women Walk 1500m  
Senior Men Walk 3000m

Junior Men 100m  
Junior Women 100m  
Senior Men 100m  
Senior Women 100m  
Masters Men 100m  
Masters Women 100m

Junior Men 400m  
Junior Women 400m  
Senior/Master Men 400m  
Senior/Master Women 400m

Junior Men/Women 800m  
Senior Men/Women 800m

Master Men/Women 800m

Junior Men/Women 200m  
Senior Men/Women 200m  
Master Men/Women 200m

Senior Men 1500m  
Senior Women 1500m

Junior Men 3000m  
Junior/Senior/Masters Women 3000m  
Senior/Novice/Masters Men 5000m

**Relays**

4 x 100m  
Junior/Senior/Masters Men & Women

**PLEASE NOTE ONLY 5MM TARTAN  
SPIKES TO BE USED**

**FIELD**

Junior/Senior Men High Jump  
Junior/Senior Women High Jump

Master Men High Jump  
Master Women High Jump

Junior Men Long Jump  
Junior Women Long Jump  
Senior Men Long Jump  
Senior Women Long Jump  
Masters Men Long Jump  
Masters Women Long Jump

Junior Men Triple Jump  
Junior Women Triple Jump

Junior/Senior Women Pole Vault  
Junior/Senior Men Pole Vault

Junior/Senior/Masters Women's Weight for  
Distance  
Junior/Senior/Masters Men's Weight for  
Distance

Junior Men Javelin  
Junior Women Javelin  
Senior Men Javelin  
Senior Women Javelin  
Masters Men Javelin

Masters Women Javelin

Junior Men Shot  
Junior Women Shot  
Senior Men Shot  
Senior Women Shot  
Masters Men Shot  
Masters Women Shot

Junior/Senior/Masters Men Hammer  
Junior/Senior/Masters Women Hammer

Junior/Senior/Masters Men Discus

Junior/Senior/Masters Women Discus

**Junior Age Eligibility:** Over 16 and Under 20 on the 31<sup>st</sup> of December in the year of competition.

Athletes may only compete in **ONE** age category on the day ie. a Senior athlete may compete at Senior level **OR** Master level but not both. Same applies to a Junior athlete. They may compete at Junior or Senior level but not both.