

 Irish Life health

# National Track & Field Championships



PROVISIONAL TIMETABLE

LIVE T.V

## Saturday 22nd July

12:20	3000m Junior	Women	F	12:15	Hammer	Men
12:40	5000m Walk	Women	F	12:45	Triple Jump	Women
13:10	400mH	Women	H	13:55	Discus	Women
13:20	400mH	Men	H	14:25	Triple Jump	Men
13:30	3000m S/C	Men	F	15:30	Javelin	Women
13:45	200m	Women	H	15:55	35 lb Height	Men
13:55	200m	Men	H	15:55	56 lb Height	Men
14:15	800m	Women	H	17:00	Javelin	Men
14:30	800m	Men	H			
15:00	10000m	Men	F			
15:40	200m	Women	F			
15:50	200m	Men	F			
16:00	1500m	Men	H			
16:25	5000m	Women	F			
16:50	400m	Women	H			
17:05	400m	Men	H			
17:35	5000m	Men	H			
18:05	1500m	Women	H			
18:20	4 X 100m	Women	F			
18:30	4 X 100m	Men	F			

## Sunday 23rd July

14:15	100mH	Women	Semi	14:50	Pole Vault	Women
14:30	110mH	Men	Semi	15:20	Long Jump	Women
14:45	3000m	Junior Men	F	15:35	High Jump	Women
15:10	10000m	Walk Men	F	15:45	Hammer	Women
16:10	100m	Women	Semi	16:00	Shot Put	Men
16:20	100m	Men	Semi	17:15	Pole Vault	Men
16:45	5000m	Men	F	17:35	Long Jump	Men
17:10	100mH	Women	F	17:45	High Jump	Men
17:20	110mH	Men	F	18:15	Shot Put	Women
17:30	3000m S/C	Women	F	18:25	Discus	Men
17:50	400mH	Women	F	19:25	56lb Distance	Men
18:05	400mH	Men	F			
18:15	800m	Women	F			
18:25	800m	Men	F			
18:35	400m	Women	F			
18:45	400m	Men	F			
19:00	100m	Women	F			
19:10	100m	Men	F			
19:20	100m	Men B (tbc)	F			
19:30	1500m	Women	F			
19:45	1500m	Men	F			
19:55	4 X 400m	Women	F			
20:05	4 X 400m	Men	F			

Live

Coverage on  
RTE

SUN 23RD JULY

18:00-19:55

## NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY  
SAT 22ND & SUN 23RD 2017

ATHLETICSIRELAND.IE f #IlhNatsT&F

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\*5000m Men Heats reintroduced on Saturday 22nd July @ 17:35

\*3000m Junior Men moved to Sunday 23rd July @ 14:45