

Irish Life health

# National Track & Field Championships



LIVE T.V. TIMETABLE

## NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY  
SAT 28TH & SUN 29TH JULY 2018

ATHLETICSIRELAND.IE f #IhNatsT&F

OFFICIAL SPONSOR Irish Life health \*28lb Distance Women introduced on Sunday 29th July at 19:30

### Saturday 28th July

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

### Sunday 29th July

|       |             |             |   |       |               |       |
|-------|-------------|-------------|---|-------|---------------|-------|
| 14:40 | 3000m       | Junior Men  | F | 14:50 | Pole Vault    | Women |
| 15:05 | 10000m Walk | Men         | F | 15:20 | Long Jump     | Women |
| 16:05 | 100m        | Women       | H | 15:35 | High Jump     | Women |
| 16:15 | 100m        | Men         | H | 15:35 | Shot Put      | Men   |
| 16:40 | 5000m       | Men         | F | 15:45 | Hammer        | Women |
| 17:05 | 3000m S/C   | Women       | F | 17:15 | Pole Vault    | Men   |
| 17:25 | 100mH       | Women       | F | 17:35 | Long Jump     | Men   |
| 17:35 | 110mH       | Men         | F | 17:45 | High Jump     | Men   |
| 17:50 | 400mH       | Women       | F | 17:35 | Shot Put      | Women |
| 18:05 | 400mH       | Men         | F | 18:25 | Discus        | Men   |
| 18:15 | 800m        | Women       | F | 18:45 | 56lb Distance | Men   |
| 18:25 | 800m        | Men         | F | 19:30 | 28lb Distance | Women |
| 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 29 JULY  
17:30-19:45

Check in closes 90 minutes before each event. (Heats and Finals)  
Implement check in closes 60 minutes before each Throwing event.