

**National May Open
Technical Track & Field
Morton Stadium, Santry
May 19th, 2024**

**Check-in opens 90 minutes
before event start time.**

Track				Field			
				Men		Women	
11:00	100mH	S1	W				
11:10	110mH	S1	M	10.30	Hammer	10.30	Hammer
11:50	100mH	S2	W	11.00	Long Jump	11.00	Long Jump
12:00	110mH	S2	M	11.30	Pole Vault	11.30	Pole Vault
12:15	400m		W	11.30	Discus	11.30	Discus
12:20	400m		M	12:30	High Jump	12:30	High Jump
12:40	100m	S1	W	13:00	Shot Put	13:00	Shot Put
12:50	100m	S1	M	13:30	Triple Jump	13:30	Triple Jump
13:00	400mH		W	14:00	Javelin	14:00	Javelin
13:00	400mH		M				
13:30	100m	S2	W				
13:30	100m	S2	M				
14:00	200m		W				
14:10	200m		M				

This timetable is designed as a guide of event times. Events may run ahead of schedule, and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.