Irish Life health

National Track & Field Championships







20:30	4x400m Relay 4x400m Relay	Women Men	F
20:10 20:20	5000m 400mH 400mH 800m 800m 400m 100m 100m 1500m 1500m	Women Men	
20:00	100m	Men	ß
19:35	100m	Women Women	<b>3</b> 3
19:25	400m	Men	ľ
19:15	800m	Men	5
19:00	800m	Women	5
18:50	400mH	Men	F
18:40	400mH	Women	F
18:05	5000m	Men A	F
2000			
17:35	5000m	Men C Men B	F
17:15	5000m 5C	Men C	B
17:00	3000m SC	Women	F
16:00	Juv 150m NTO Presentati	Mixed	2 P 7 P
15:40	100m	Men	H F S S
15:30	100m	Women	<u> </u>
14:55	100m 100m 5000m W 100m	Women	F
14:20	100m	Women	Н
G (( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( ( (		Men Women	Н
13:00	10,000m W	Men	F
	ay the 26th o		
19:05	4x100m Relay	ivien	F
18:55	4x100m Relay	Women	F
18:30	1500m 4x100m Relay	Men	H
18:15	1500m	Women	Н
17:45	400m 1500m	Men	H
17:30	400m	Women	Н
17:00	5000m	Women	F
16:45	400mH	Men	Ĥ
16:30	400mH	Women	Н
16:10	200m	Men	Ē
16:00	200m	Women	F
15:50	800m 800m 800m 100mH 110mH 200m 200m 400mH	Men	H F F F
15:40	100mH	Women	ß
15:15	800m	Men	ii ii
15:00	800m	Women	H
0.0-00	3000m SC	Men Men	гл F
13:50 14:10	200M	Women	H H
13:40	100MH	Women	Н
13:30	110mH 100mH 200m 200m	Men	Н
42-20	44011	0.000	

Saturday the 25th of June

13:30	110mH	Men	Н	13:30	Hammer	Men	
13:40	100mH	Women	H				
13:50	200m	Women	Н				
14:10	200m	Men	Н	14:20	Shot Put	Women	
14:40	3000m SC	Men	F				
15:00	800m	Women	Н	14:30	Triple Jump	Women	
15:15	800m	Men	Н				
15:40	100mH	Women	F	14:40	Pole Vault	Women	
15:50	110mH	Men	F				
16:00	200m	Women	F	15:45	Hammer	Women	
16:10	200m	Men	F				
16:30	400mH	Women	Н	15:50	High Jump	Women	
16:45	400mH	Men	Н				
17:00	5000m	Women	F	16:00	Shot Put	Men	
17:30	400m	Women	Н				
17:45	400m	Men	Н	16:10	Long Jump	Men	
18:15	1500m	Women	Н				
18:30	1500m	Men	Н	17:45	Weight -H	Men	
18:55	4x100m Relay	Women	F	17:45	Weight -H	U23 Men	
19:05	4x100m Relay	Men	F	17:45	Weight -H	Junior Me	
Sunday the 26th of June							

4:UU	100m	ivien	التا			
4:20	100m	Women	H	14:30	Long Jump	Women
4:55	5000m W	Women	F			
5:30	<b>100</b> m	Women	S S	15:00	Pole Vault	Men
5:40	100m	Men				
6:00	Juv 150m	Mixed	F	15:10	Discus	Women
7.00	NTO Presentati			46.20	0.0000	0.0
7:00	3000m SC	Women	F	16:20	High Jump	Men
7:15	5000m	Men C	F	16.20	Triple Jump	Man
7:35	5000m	Men B	F	16:30	Imple Jump	Men
8:05	5000m	Men A	F	17:10	Javelin	Men
8:40	400mH	Women	ß	27.20	Javeilli	loiGii
<b>8:50</b>	400mH	Men	F	17:30	Weight - D	Men
9:00	800m	Women	F			
9:15	800m	Men	F	18:50	Javelin	Women
9:25	400m	Men	F			
9:35	400m	Women	F	19:00	Weight - D	Women
9:45	100m	Women	F			
0:00	100m	Men	F			Live \
0:10	1500m	Women	F			· · · · · · · · · · · · · · · · · · ·
0:20	1500m	Men	F		Cov	erage on

**13:30** Discus

Men

RTE

Sun 26th June

18:05-20:30



**SAT 25th & SUN 26th of JUNE 2022** 

ATHLETICSIRELAND.IE

OFFICIAL PARTNER Irish Life health Check in closes 90 minutes before your event

4x100m&4x400m based on times if more than 8 declared. All Finals will run at Final times

"Junior 3000m has moved to the Junior & U23 Champs on July 17th"

Mens 10,000m will go with the AAI Games on the 23rd July along with the Womens 10,000m Championship