

# National Track & Field Championships



Live Stream All Days

Live T.V.

## NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY  
SAT 25th & SUN 26th of JUNE 2022

ATHLETICSIRELAND.IE  
#IhNatsT&F

Check in closes 90 minutes before your event

4 x 100m & 4 x 400m based on times if more than 8 declared.

All Finals will run at Final times

5000m to be Seeded Final "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

### Saturday the 25th of June

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

### Sunday the 26th of June

13:00	10,000m W	Men	F	13:30	Discus	Men
14:00	100m	Men	H	14:30	Long Jump	Women
14:20	100m	Women	H	15:00	Pole Vault	Men
14:55	5000m W	Women	S	15:10	Discus	Women
15:30	100m	Women	S	16:20	High Jump	Men
15:40	100m	Men	S	16:30	Triple Jump	Men
16:00	Juv 150m	Mixed	F	17:10	Javelin	Men
	NTO Presentation			17:30	Weight - D	Men
17:00	3000m SC	Women	F	18:50	Javelin	Women
17:15	5000m	Men C	F	19:00	Weight - D	Women
17:35	5000m	Men B	F			
18:05	5000m	Men A	F			
18:40	400mH	Women	F			
18:50	400mH	Men	F			
19:00	800m	Women	F			
19:15	800m	Men	F			
19:25	400m	Men	F			
19:35	400m	Women	F			
19:45	100m	Women	F			
20:00	100m	Men	F			
20:10	1500m	Women	F			
20:20	1500m	Men	F			

20:30	4x400m Relay	Women	F
20:40	4x400m Relay	Men	F

Live Coverage on RTE  
Sun 26th June  
18:05-20:30