



NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
SAT 27th & SUN 28th 2019

ATHLETICSIRELAND.IE f t #IhNatsT&F

OFFICIAL PARTNER



- *100m & 200m Heats on Saturday 27th July and Finals on Sunday 28th July.
- *5000m Junior swapped with 3000m (held Junior Championship day).
- *5000m U23 medals awarded from Senior Race (outside of top three).
- *4 x 100m & 4 x 400m based on times if more than 8 declared.

LIVE T.V. TIMETABLE

Saturday 27th July

TIMETABLE UPDATED 26/07/2019

12:20	5000m W	Women	F	12:15	Hammer	Men
12:55	400mH	Women	H	12:45	Triple Jump	Women
13:05	400mH	Men	H	13:55	Discus	Women
13:15	3000m S/C	Men	F	14:25	Triple Jump	Men
13:30	100m	Women	H	15:30	Javelin	Women
13:45	100m	Men	H	15:55	35 lb Height	Jun Men
14:15	800m	Women	H	15:55	35 lb Height	U23 Men
14:30	800m	Men	H	15:55	56 lb Height	Men
14:50	800m	Wheelchair	F	17:00	Javelin	Men
15:00	10,000m	Men	F			
15:40	200m	Women	H			
15:50	200m	Men	H			
16:15	200m	Wheelchair	F			
16:20	1500m	Men	H			
16:45	5000m	Women & Jun	F			
17:05	400m	Women	H			
17:17	400m	Men	H			
17:50	5000m	Men & Jun	H			
18:30	1500m	Women	H			
18:50	4 X 100m	Women	F			
19:00	4 X 100m	Men	F			

Sunday 28th July

14:45	110mH	Men	H	14:15	Pole Vault	Women
15:15	10,000m W	Men	F	14:20	Shot Put	Men
16:10	Medalists Introduction			14:30	Long Jump	Women
16:25	3000m S/C	Women	F	14:30	Hammer	Women
16:45	100mH	Women	F	16:00	High Jump	Men
16:55	110mH	Men	F	16:00	Shot Put	Women
17:05	5000m	Men	F	16:00	Discus	Men
17:30	100m	Men B	F	16:15	Long Jump	Men
17:45	100m	Women	F	17:15	Pole Vault	Men
17:55	100m	Men	F	17:30	56lb Distance	Men
18:05	400mH	Women	F	18:10	High Jump	Women
18:15	400mH	Men	F	19:00	28lb Distance	Women
18:30	800m	Women	F			
18:40	800m	Men	F			
18:50	400m	Women	F			
19:00	400m	Men	F			
19:10	200m	Women	F			
19:20	200m	Men	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 28TH JULY
17:30-19:55