

| <i>Irish Athlete</i> | <i>Event</i> | <i>Tallinn Estonia Time (+2hrs)</i> | <i>Irish Time</i> | <i>Date</i> |
|---------------------------|--------------------------|-------------------------------------|-------------------|----------------|
| Marcus Lawlor | 100m R1 | 10:10am | 8:10am | 9 July |
| | 100m SF | 7:40pm | 5:40pm | 9 July |
| | 100m F | 8:50pm | 6:50pm | 10 July |
| | 200m R1 | 5:10pm | 3:10pm | 10 July |
| | 200m SF | 5:00pm | 3:00pm | 11 July |
| | 200m F | 8:50pm | 6:50pm | 11 July |
| Mark English | 800m R1 | 12:00pm | 10:00am | 10 July |
| | 800m SF | 6:55pm | 4:55pm | 11 July |
| | 800m F | 5:40pm | 3:40pm | 12 July |
| Karl Griffin | 800m R1 | 12:00pm | 10:00am | 10 July |
| | 800m SF | 6:55pm | 4:55pm | 11 July |
| | 800m F | 5:40pm | 3:40pm | 12 July |
| Kevin Dooney | 5,000m F | 8:10pm | 6:10pm | 11 July |
| | 10,000m F | 6:30pm | 4:30pm | 9 July |
| Brandon Hargreaves | 5,000m F | 8:10pm | 6:10pm | 11 July |
| | 10,000m F | 6:30pm | 4:30pm | 9 July |
| Dempsey McGuigan | Hammer QB | 11:25am | 9:25am | 9 July |
| | Hammer F | 5:50pm | 3:50pm | 10 July |
| | | | | |
| | 4 x 100m Relay R1 | 12:00pm | 10:00am | 12 July |
| | 4 x 100m Relay F | 6:50pm | 4:50pm | 12 July |
| <u><i>Women</i></u> | | | | |
| Phil Healy | 100m R1 | 10:55am | 8:55am | 9 July |
| | 100m SF | 7:15pm | 5:15pm | 9 July |
| | 100m F | 8:38pm | 6:38pm | 10 July |
| | | | | |
| Clíodhna Manning | 100m R1 | 10:55am | 8:55am | 9 July |
| | 100m SF | 7:15pm | 5:15pm | 9 July |
| | 100m F | 8:38pm | 6:38pm | 10 July |
| | | | | |
| Sarah Lavin | 100m H R1 | 10:15am | 8:15am | 9 July |
| | 100m H SF | 5:42pm | 3:42pm | 10 July |
| | 100m H F | 5:55pm | 3:55pm | 11 July |
| Sarah McCarthy | Long Jump Q | 12:00pm | 10:00am | 10 July |
| | Long Jump F | 5:55pm | 3:55pm | 12 July |
| | | | | |
| <i>Women's</i> | 4X100 Relay R1 | 11:40am | 9:40am | 12 July |
| | 4X100 Relay F | 6:35pm | 4:35pm | 12 July |

