



**TIMETABLE**

**LIVE T.V.**

**NATIONAL SENIOR & U23 T&F CHAMPIONSHIPS**

MORTON STADIUM, SANTRY  
SAT 22nd & SUN 23rd AUGUST 2020

ATHLETICSIRELAND.IE  
#IlhNatsT&F

**Saturday 22nd August**

**Session 1 (Gate Opens TBC)**

400mH	Women	H	Hammer	Women
400mH	Men	H	Triple Jump	Women
3000m S/C	Women	F	Hammer	Men
3000m S/C	Men	F		
100m	Women	H		
100m	Men	H		
800m	Women	H		
800m	Men	H		
10,000m	Men	F		

**Session 2 (Gate Opens TBC)**

5000m *	Women & Jun	F	Javelin	Women
200m	Women	H	Triple Jump	Men
200m	Men	H	Javelin	Men
5000m **	Men & Jun	H	56 lb Height	Men
400m	Women	H	35 lb Height	U23
400m	Men	H	35 lb Height	Juniors
1500m	Women	H		
1500m	Women	H		

**Sunday 23rd August**

**Session 3 (Gate Opens TBC)**

100mH	Women	H	Long Jump	Women
110mH	Men	H	Pole Vault	Women
5K Walk***	Women	F	Discus	Men
10K Walk***	Men	F	High Jump	Men
100mH	Women	F	Discus	Men
110mH	Men	F	Shot Put	Women

**Session 4 (Gate Opens TBC)**

5000m	Men	F	High Jump	Women
100m	Women	F	Long Jump	Men
100m	Men	F	Shot Put	Men
400mH	Women	F	Pole Vault	Men
400mH	Men	F	Shot Put	Men
800m	Women	F	WFD	Women
800m	Men	F	WFD****	Men
400m	Women	F		
400m	Men	F		
200m	Women	F		
200m	Men	F		
1500m	Women	F		
1500m	Men	F		

\* If numbers not sufficient will be incorporated into Sen & U23 W 5000m F  
 \*\* If numbers not sufficient will be incorporated into Sen & U23 M 5000m H  
 \*\*\* U23 Walks to be held in conjunction with Juniors  
 \*\*\*\* U23 Men WFD 35lbs to be held in conjunction with Juniors