





ATHLETICSIRELAND.IE

f | | #IlhNatsT&F



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

*** 5000m to be Seeded Final

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

OFFICIAL PARTNER

Irish Life

health

Saturday the 25th of June

20:30 4x400m Relay Women

20:40 4x400m Relay Men

| 12:30 | 100mH | Women | H | 12:00 | Hammer | Men |
|-------|--------------|-------|---|-------|-------------|------------|
| 12:45 | 100mH | Men | Н | | | |
| 13:00 | 10,000 Walk | Men | F | | | |
| 14:00 | 200m | Women | Н | 14:00 | Hammer | Women |
| 14:20 | 200m | Men | Н | 14:00 | Triple Jump | Women |
| 15:00 | 3000m SC | Men | F | 14:00 | Pole Vault | Men |
| 15:30 | 100mH | Women | F | | | |
| 15:40 | 110mH | Men | F | 15:00 | High Jump | Women |
| 15:50 | 800m | Women | H | | · | |
| 16:10 | 800m | Men | Н | 15:30 | Shot Put | Men |
| 16:30 | 400mH | Women | Н | | | |
| 16:40 | 400mH | Men | H | 16:00 | Triple Jump | Men |
| 17:00 | 200m | Women | F | | | |
| 17:10 | 200m | Men | F | | | |
| 17:20 | 5000m | Women | | | | |
| 17:40 | 400m | Women | Н | 17:30 | Shot Put | Women |
| 18:00 | 400m | Men | Н | | | |
| 18:30 | 1500m | Women | H | 17:30 | Weight -H | Junior Men |
| 18:45 | 1500m | Men | Н | 17:30 | Weight -H | U23 Men |
| 19:00 | 4x100m Relay | Women | F | 17:30 | Weight -H | Men |
| 19:10 | 4x100m Relay | Men | F | | | |
| | | | | | | |

| Sunday the 26th of June | | | | | | | | | | | |
|-------------------------|----------------|--------------------|------------------|--|-------|----------------|----------|--|--|--|--|
| | 14:00 | 100 m | Men | Н | 14:00 | Discus | Men | | | | |
| | 14:20 14:50 | 100m 3000m | Women J-Women | H F S S | 14:30 | Long Jump | Men | | | | |
| | 15:10 | 3000m | J-Men | F F | 14.50 | Long Jump | IVICII | | | | |
| e | 15:30 | 100m | Women | S | 15:00 | Pole Vault | Women | | | | |
| | 15:40 16:00 | 100m 5000m Walk | Men Women | S | 15:30 | Discus | Women | | | | |
| | 16:30 | Juv 150m | Mixed | F | 15.50 | Discus | Wollieli | | | | |
| i | 17:00 | 3000m SC | Women | F | 16:00 | High Jump | Men | | | | |
| | 17:20 | 5000m | Men (B&C) | F | | | | | | | |
| 1 | 18:05 | 5000m | Men A | F | 17:00 | Long Jump | Women | | | | |
| ı | 18:40 | 400mH | Women | F | 17:00 | Javelin | Men | | | | |
| ı | 18:50 19:00 | 400mH 100m | Men Women | F B | 17:30 | Weight -D | Women | | | | |
| ı | 19:15 | 100m | Men | ß | 27.00 | Weight B | ovenien. | | | | |
| ı | 19:25 | 800m | Women | F | 18:30 | Javelin | Women | | | | |
| ı | 19:35 19:45 | 800m 400m | Men Women | - - - - - - - - - - - - - - - - - - - | 19:00 | Weight -D | Men | | | | |
| | 20:00 | 400m | Men | F | 13.00 | - vocigiit - D | | | | | |
| | 20:10 | 1500m | Women | F | | | Live \ | | | | |
| l | 20:20 | 1500m | Men | F | | | | | | | |

