



10:00	10,000m W	Men	F			
11:00	110mH	Men	H			
11:10	100mH	Women	H	12:30	Javelin	Men
11:30	200m	Women	H	14:30	Javelin	Women
11:50	200m	Men	H			
12:30	5000m W	Women	F	14:30	Shot Put	Men
13:00	800m	Women	H	16:00	Shot Put	Women
13:20	800m	Men	H			
13:50	100mH	Women	F	17:00	WFH	Men
14:00	110mH	Men	F			(Senior U20,U23)
14:10	200m	Women	F			
14:20	200m	Men	F	17:00	WFH	Women
14:30	1500m	Women	H			(Senior U20,U23)
14:45	1500m	Men	H			
15:10	400m	Women	H			
15:30	400m	Men	H	14:00	Triple Jump	Women
16:00	5000m	Men C	F	16:00	Triple Jump	Men
16:20	5000m	Men B	F			
17:00	5000m	Men A	F	13:00	High Jump	Men
17:20	400mH	Women	H	15:00	High Jump	Women
17:30	400mH	Men	H			
17:40	4x100m	Women	F			
17:50	4x100m	Men	F			

Sunday the 30th of June

09:30	100m*	Women	H	09:30	Hammer	Men
10:00	100m	Men	H	13:00	Hammer	Women
11:10	3000m SC	Men	F			
11:30	100m	Women	S	10:30	Pole Vault	Men
11:50	100m	Men	S	13:00	Pole Vault	Women
12:30	3000m SC	Women	F			
12:50	400mH	Women	F	11:00	Discus	Women
				14:30	Discus	Men
13:05	400mH	Men	F			
13:15	800m	Women	F	12:00	Long Jump	Men
13:25	800m	Men	F	13:45	Long Jump	Women
13:35	100m	Men	F			
13:45	100m	Women	F	12:00	WFD	Men
13:55	400m	Women	F	14:30	WFD	Women
14:05	400m	Men	F			
14:15	1500m	Women	F			
14:25	1500m	Men	F			

14:35	4x400m	Mixed	F			
14:45	3000m	U20 Women	F			
15:00	3000m	U20 Men	F			
15:15	5000m	Women	F			
15:50	4x400m	Women	F			
16:00	4x400m	Men	F			

LIVE STREAM BOTH DAYS

Live T.V.

NATIONAL SENIOR T&F
CHAMPIONSHIPS

Check in closes 90 minutes before your event

Implement Check between 90-60 minutes pre 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

Senior 10,000m , Team 10,000m will take place at the AAI

Games on the 13th June

*30 or less, Heats for 100m will go straight to Semi Final

MORTON STADIUM, SANTRY
SAT 29th & SUN 30th
JUNE 2024

Call Room
Track 20 Min
Throw 40 Min
Jump 50 Min
HJ 65 Min
PV 80 Min

LIVE
Coverage on
RTE
Sun 30th June
1pm - 2:30pm