

**National May Open
Technical Track & Field
Tullamore Harriers, Offaly
May 18th, 2025**

**Check-in close 60 minutes before event
Implement Check closes 60 minutes before event.**

PROVISIONAL TIMETABLE

Track				Field			
				Men		Women	
11:00	4x400m	Relay Nat Selection					
11:30	100mH	S1	W	11.00	Hammer	11.00	Hammer
11:40	110mH	S1	M				
11:50	U18 2000m S/C		W	11.00	Long Jump	11.00	Long Jump
12:00	U18 2000m S/C		M				
12:15	110mH	S2	M	11.30	Pole Vault	11.30	Pole Vault
12:25	100mH	S2	W				
12:35	400m		W	12.00	Discus	12.00	Discus
12:45	400m		M				
13:00	100m	S1	W	12:30	High Jump	12:30	High Jump
13:10	100m	S1	M				
13:30	400mH		W	13:00	Shot Put	13:00	Shot Put
13:45	400mH		M				
14:00	100m	S2	W	13:00	Triple Jump	13:00	Triple Jump
14:15	100m	S2	M				
14:30	200m		W	14:00	Javelin	14:00	Javelin
14:45	200m		M				