



# Provisional Timetable



LIVE STREAM BOTH DAYS

Live T.V.

## NATIONAL SENIOR T&F CHAMPIONSHIPS

**MORTON STADIUM  
SANTRY  
SAT 2nd & SUN 3rd**

Check in opens 150 minutes before your event  
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  
\*30 or less, Heats for 100m will go straight to Semi Final

12.00	10,000m Walk	Men	F				
13.00	200m	Women	H	12:00	Shot Put	Women	
13.15	200m	Men	H	13:00	Shot Put	Men	
13.45	5000m Walk	Women	F				
14.15	400m H	Women	H	12:30	Triple Jump	Men	
14.30	400m H	Men	H	14:30	Triple Jump	Women	
14.45	800m	Women	H				
15.00	800m	Men	H	14:00	High Jump	Women	
15.20	200m	Women	F	15:45	High Jump	Men	
15.30	200m	Men	F				
15.45	3000m S/Chase	Women	F	14:15	Javelin	Men	
16.05	3000m S/Chase	Men	F	15:30	Javelin	Women	
16.25	1500m	Women	H				
16.40	1500m	Men	H	15:00	WFH	Women	
17.05	400m	Women	H				
17.20	400m	Men	H				
17.40	4 x 100m	Women	F	16:15	WFH	Men	
17.50	4x 100m	Men	F				

## Sunday the 3rd of August

13.00	5000m	Women	F	13:30	Hammer	Men	
13.25	100m*	Women	H	15:00	Hammer	Women	
13.45	100m*	Men	H				
14.30	3000m under 20	Men	F	14:00	Pole Vault	Men	
14.45	100m H	Women	H	16:30	Pole Vault	Women	
15.00	110m H	Men	H				
15.10	100m	Women	S	14:30	Long Jump	Women	
15.35	100m	Men	S	16:00	Long Jump	Men	
15.55	400mH	Women	F				
16.05	400mH	Men	F	16:30	Discus	Women	
16.15	5000m	Men C	F	18:00	Discus	Men	
16.40	5000m	Men B	F				

  

17.10	100m H	Women	F	16:30	WFD	Women	
17.25	110m H	Men	F	18:20	WFD	Men	
17.35	5000m	Men	F				
18.00	100m	Women	F				
18.10	100m	Men	F				
18.20	800m	Women	F				
18.35	800m	Men	F				
18.45	400m	Women	F				
18.55	400m	Men	F				
19.05	1500m	Women	F				
19.15	1500m	Men	F				

  

19.25	3000m under 20	Women	F				
19.40	4x400m	Mixed	F				
19.50	4x400m	Women	F				
20.00	4x400m	Men	F				

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

**LIVE**  
Coverage on  
**RTE**  
Sun 3rd August  
17:00 - 19:30