



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 60-90 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
*100m 30 or less will go straight to Semi Finals at Semi Final Times

Live T.V.

Saturday the 2nd of August

12.00	10,000m Walk	Men	F				
13.00	200m	Women	H		12:00	Shot Put	Women
13.15	200m	Men	H		13:30	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		15:00	Triple Jump	Women
14.45	800m	Women	H				
15.00	800m	Men	H		13:45	High Jump	Women
15.20	200m	Women	F		16:00	High Jump	Men
15.30	200m	Men	F				
15.45	3000m S/Chase	Women	F		15:15	Javelin	Men
16.05	3000m S/Chase	Men	F		17:10	Javelin	Women
16.25	1500m	Women	H				
16.40	1500m	Men	H		15:00	WFH	Women
17.05	400m	Women	H				(Senior U20,U23)
17.20	400m	Men	H				
17.40	4 x 100m	Women	F		16:00	WFH	Men
17.50	4x 100m	Men	T				(Senior U20,U23)

Sunday the 3rd of August

13.00	5000m	Women	F		13:30	Hammer	Men
13.25	100m*	Women	H		15:30	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
15.10	100m	Women	S				
15.35	100m	Men	S		14:30	Long Jump	Women
15.55	400mH	Women	F		16:30	Long Jump	Men
16.05	400mH	Men	F				
16.15	5000m	Men C	F		17:00	Discus	Women
16.40	5000m	Men B	F		18:30	Discus	Men
17.10	100m H	Women	F		16:30	WFD	Men
17.25	110m H	Men	F		18:30	WFD	Women
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 50 Min
Jump 50 Min
HJ 65 Min
PV 80 Min

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