

**NIA Dublin,
February 14th 2026**

Track			Field		
11:00	60m	Women	11:00	Pole Vault	Men
11:05	60m	Men	13:00	Pole Vault	Women
11:15	1500m	Women			
11:25	1500m	Men	12:00	High Jump	Men
11:45	400m	Women	13:30	High Jump	Women
11:55	400m	Men			
12:10	1500m Walk	Women	11:00	Long Jump	Men
12:25	1500m Walk	Men	11:45	Long Jump	Women
12:40	60mH	Men			
12:50	60mH	Women	13:00	Triple Jump	Men
	Break		14:00	Triple Jump	Women
13:30	800m	Women			
13:40	800m	Men	11:00	Weight Throw	Women
13:50	200m	Women	11:45	Weight Throw	Men
14:00	200m	Men			
14:15	3000m	Women	13:30	Shot Put	Women
14:30	3000m	Men	14:15	Shot Put	Men
14:50	4 x 400m	Women			
15:00	4 x 400m	Men			

Results available @ live.athleticsireland.ie

Scoring 9,7,6,5,4,3,2,1 points

Scoring will apply to 14 of the 15 events

Events may be brought forward by up to 15 minutes