



**123.ie National U20&U23 Track&Field  
Championships Tullamore 2026  
SATURDAY**



Check In Closes 90 Minutes before the event start time

**Track**

**Field**

<b>11:30</b>	S/Chase	U20 Women	Final	<b>11:30</b>	Shot Put	U20 Women	Weigh In: 9.30-11.00
	S/Chase	U23 Women	Final		Shot Put	U23 Women	
	S/Chase	U23 Men	Final		Shot Put	U20 Men	
	S/Chase	U20 Men	Final		Shot Put	U23 Men	
<b>12:00</b>	100m	U20 Women	Heats	<b>11:45</b>	Hammer	U20 Women	Weigh In: 9.30-11.00
	100m	U20 Men	Heats		Hammer	U23 Women	
	100m	U23 Women	Heats		Hammer	U20 Men	
	100m	U23 Men	Heats		Hammer	U23 Men	
<b>12:45</b>	400m	U20 Women	Heats				
	400m	U20 Men	Heats				
	400m	U23 Women	Heats				
	400m	U23 Men	Heats				
				<b>14:00</b>	Javelin	U20 Women	Weigh In: 12.00-13.30
<b>13:45</b>	5000m	U20 Women	Final		Javelin	U23 Women	
	5000m	U20 Men	Final		Javelin	U20 Men	
	5000m	U23 Women	Final		Javelin	U23 Men	
	5000m	U23 Men	Final				
				<b>14:30</b>	Discus	U20 Women	Weigh In: 12.00-13.30
					Discus	U23 Women	
					Discus	U20 Men	
					Discus	U23 Men	
<b>14:30</b>	100m	U20 Women	Timed				
	100m	U20 Men	Timed				
	100m	U23 Women	Timed				
	100m	U23 Men	Timed				
<b>15:00</b>	Walks	U20 3000m Women	Final				
	Walks	U23 3000m Women	Final				
	Walks	U23 5000m Men	Final				
	Walks	U20 5000m Men	Final				
				<b>16:00</b>	WFD	U20 Women	Weigh In: 12.30
<b>15:45</b>	800m	U20 Women	Heats		WFD	U23 Women	
	800m	U20 Men	Heats		WFD	U20 Men	
	800m	U23 Women	Heats		WFD	U23 Men	
	800m	U23 Men	Heats				
<b>16:15</b>	400m	U20 Women	Final				
	400m	U20 Men	Final				
	400m	U23 Women	Final				
	400m	U23 Men	Final				
<b>16:45</b>	4x 100m	U20 Women	Final				
	4 x100m	U20 Men	Final				
	4 x100m	U23 Women	Final				
	4 x100m	U23 Men	Final				

*\* Scheduled times  
are **ONLY** a guide and  
may change  
the week of event \**