



National U20&U23 Track&Field
Championships Tullamore 2026
SUNDAY



Check In Closes 90 Minutes before the event start time

Track

Field

11:00	100mH	U20 Women	Heats
	100mH	U23 Women	Heats
	110mH	U23 Men	Heats
	110mH	U20 Men	Heats
11:45	200m	U20 Women	Heats
	200m	U23 Women	Heats
	200m	U23 Men	Heats
	200m	U20 Men	Heats
12:30	5000m	U20 Women	Final
	5000m	U20 Men	Final
	5000m	U23 Women	Final
	5000m	U23 Men	Final
13:15	100mH	U20 Women	Final
	100mH	U23 Women	Final
	110mH	U23 Men	Final
	110mH	U20 Men	Final
13:45	200m	U20 Women	Final
	200m	U20 Men	Final
	200m	U23 Women	Final
	200m	U23 Men	Final
14:30	10,000m	Senior Women	Final
	10,000m	Senior Men	Final
15:30	800m	U20 Women	Final
	800m	U20 Men	Final
	800m	U23 Women	Final
	800m	U23 Men	Final
16:00	400mH	U20 Women	Timed
	400mH	U23 Women	Timed
	400mH	U20 Men	Timed
	400mH	U23 Men	Timed
16:30	1500m	U20 Women	Final
	1500m	U20 Men	Final
	1500m	U23 Women	Final
	1500m	U23 Men	Final
17:00	4 x 400m	U20 Women	Timed
	4 x 400m	U20 Men	Timed
	4 x 400m	U23 Women	Timed
	4 x 400m	U23 Men	Timed

11:30	Long Jump	U20 Men
	Long Jump	U23 Men
11:30	High Jump	U20 Women
	High Jump	U23 Women
12:00	Pole Vault	u20 Women
	Pole Vault	U23 Women
	Pole Vault	U23 Men
	Pole Vault	U20 Men
13:30	Long Jump	U20 Women
	Long Jump	U23 Women
14:00	High Jump	U23 Men
	High Jump	U20 Men
15:00	Triple Jump	U20 Women
	Triple jump	U23 Women
16:00	Triple Jump	U20 Men
	Triple Jump	U23 Men

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