



National May Open
 Technical Track Field
 Tullamore Harriers,
 Offaly
 May 17th, 2026



PROVISIONAL TIMETABLE

Check-in close 60 minutes before event

Implement Check closes 60 minutes before event.

Athletes must enter and compete in Race 1 to be eligible to compete in Race 2

Track				Field			
11.30	100m H Race 1	2'6"	U18 Women	11.00	Hammer	Women	4kg
	100m H Race 1	2'9"	Senior Women		Hammer	Men	7.26kg
	110m H Race 1	3'0"	U18 Men				
	110m H Race 1	3'3"	U20 Men				
	110m H Race 1	3'6"	Senior Men	11.00	Long Jump	Men	
					Long Jump	Women	
12.00	2000m S/C	2'6"	U18 Women				
12.10	2000m S/C	2'9"	U18 Men				
				11.30	Pole Vault	Women	
12.20	110m H Race 2	3'6"	Senior Men		Pole Vault	Men	
	110m H Race 2	3'3"	U20 Men				
	110m H Race 2	3'0"	U18 Men				
	100m H Race 2	2'9"	Senior Women	12.00	Discus	Women	1kg
	100m H Race 2	2'6"	U18 Women		Discus	Men	2kg
12.45	400m		Women				
12.55	400m		Men	13.00	Shot Put	Men	7.26kg
					Shot Put	U18 Men	5kg
13.05	100m Race 1		Women		Shot Put	U20 Men	6kg
13.20	100m Race 1		Men		Shot Put	Women	4kg
					Shot Put	U18 Women	3kg
13.50	400m H	2'6"	Women				
14.00	400m H	3'0"	Men				
14.10	400m H	2'9"	U18 Men	13.00	Triple Jump	Women	
					Triple Jump	Men	
14.20	100m Race 2		Women				
14.40	100m Race 2		Men				
				14.30	Javelin	Women	600gr
15.10	200m		Women		Javelin	Men	800gr
15.20	200m		Men				