



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



Check-in close 60 minutes before event

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

Implement Weigh In Check Times	
Hammer	9:30am - 10:30am
Discus	10:30am - 12:00pm
Shot Put	10.30am - 12:00pm
Javelin	12.30pm - 1:30pm

Track

Field

11.30 100m H Race 1	2' 6" / 76.2cm	U18 Women	11:30 Hammer	Women	4kg
100m H Race 1	2' 9" / 83.8cm	Senior Women	Hammer	U18 Women	3kg
110m H Race 1	3' 0" / 91.4cm	U18 Men	Hammer	Men	7.26kg
110m H Race 1	3' 3" / 99.1cm	U20 Men	Hammer	U20 Men	6kg
110m H Race 1	3' 6" / 106.7cm	Senior Men			
			11:30 Long Jump	Men	
12.00 2000m S/C	2' 6" / 76.2cm	U18 Women	12:15 Long Jump	Women	
12.10 2000m S/C	2' 9" / 83.8cm	U18 Men			
			11:30 Pole Vault	Women	
12.20 110m H Race 2	3' 6" / 106.7cm	Senior Men	Pole Vault	Men	
110m H Race 2	3' 3" / 99.1cm	U20 Men			
110m H Race 2	3' 0" / 91.4cm	U18 Men	13:00 Discus	Women	1kg
100m H Race 2	2' 9" / 83.8cm	Senior Women	Discus	Men	2kg
100m H Race 2	2' 6" / 76.2cm	U18 Women	Discus	U20 Men	1.75kg
			Discus	U18 Men	1.5kg
12.45 400m		Women			
12.55 400m		Men	13:00 Shot Put	Men	7.26kg
			Shot Put	Women	4kg
13.05 100m Race 1		Women	Shot Put	U18 Women	3kg
13.15 100m Race 1		Men			
			13:30 Triple Jump	Women	
13.40 400m H	2' 6" / 76.2cm	Women			
14.00 400m H	3' 0" / 91.4cm	Men	14:30 Javelin	Women	600gr
400m H	2' 9" / 83.8cm	U18 Men	Javelin	U18 Woman	500gr
			Javelin	Men	800gr
14.20 100m Race 2		Women	Javelin	U18 Men	700gr
14.40 100m Race 2		Men			
15.10 200m		Women			
15.20 200m		Men			