



National U20 & U23 Track & Field Championships Tullamore 2026



SATURDAY 4th July 2026

Check In Closes 90 Minutes before the event start time

Track			Field			
11:30	S/Chase	U20 Women	Final	11:30	Javelin	U20 Women Weigh In: 12.00-13.30
	S/Chase	U23 Women	Final		Javelin	U23 Women
	S/Chase	U23 Men	Final		Javelin	U20 Men
	S/Chase	U20 Men	Final		Javelin	U23 Men
12:00	100m	U20 Women	Heats	11:45	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
12:45	400m	U20 Women	Heats	14:00	Shot Put	U20 Women Weigh In: 9.30-11.00
	400m	U20 Men	Heats		Shot Put	U23 Women
	400m	U23 Women	Heats		Shot Put	U20 Men
	400m	U23 Men	Heats		Shot Put	U23 Men
14:00	100m	U20 Women	Timed	14:30	Discus	U20 Women Weigh In: 12.00-13.30
	100m	U20 Men	Timed		Discus	U23 Women
	100m	U23 Women	Timed		Discus	U20 Men
	100m	U23 Men	Timed		Discus	U23 Men
14:30	Walks	U20 3000m Wome	Final			
	Walks	U23 3000m Wome	Final			
	Walks	U23 5000m Men	Final			
	Walks	U20 5000m Men	Final			
15:15	800m	U20 Women	Heats	16:00	WFD	U20 Women Weigh In: 13.30-15.00
	800m	U20 Men	Heats		WFD	U23 Women
	800m	U23 Women	Heats		WFD	U20 Men
	800m	U23 Men	Heats		WFD	U23 Men
15:45	400m	U20 Women	Final			
	400m	U20 Men	Final			
	400m	U23 Women	Final			
	400m	U23 Men	Final			
16:15	4x 100m	U20 Women	Final			
	4 x100m	U20 Men	Final			
	4 x100m	U23 Women	Final			

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