



National U20 & U23 Track & Field Championships Tullamore 2026



SUNDAY 5th July 2026

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	11:30	Long Jump U20 Men
	200m	U23 Women	Heats		Long Jump U23 Men
	200m	U23 Men	Heats		
	200m	U20 Men	Heats		
12:30	5000m	U20 Women	Final	11:30	High Jump U20 Women
	5000m	U20 Men	Final		High Jump U23 Women
	5000m	U23 Women	Final		
	5000m	U23 Men	Final	12:00	Pole Vault u20 Women
					Pole Vault U23 Women
13:15	100mH	U20 Women	Final		Pole Vault U23 Men
	100mH	U23 Women	Final		Pole Vault U20 Men
	110mH	U23 Men	Final		
	110mH	U20 Men	Final	13:30	Long Jump U20 Women
					Long Jump U23 Women
13:45	200m	U20 Women	Final		
	200m	U20 Men	Final		
	200m	U23 Women	Final	14:00	High Jump U23 Men
	200m	U23 Men	Final		High Jump U20 Men
14:30	10,000m	Senior Women	Final		
	10,000m	Senior Men	Final		
15:30	800m	U20 Women	Final	15:00	Triple Jump U20 Women
	800m	U20 Men	Final		Triple jump U23 Women
	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	16:00	Triple Jump U20 Men
	1500m	U20 Men	Final		Triple Jump U23 Men
	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		

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