



National  
Track & Field  
Championships



OFFICIAL PARTNERS



# Provisional Timetable

LIVE STREAM BOTH DAYS



## NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM  
SANTRY  
SAT 25th & SUN 26th  
July 2026

Check in opens 150 minutes before your event  
 Check in closes 90 minutes before your event  
 Implement Check between 60-90 minutes pre event  
 4 x 100m & 4 x 400m based on times if more than 8 declared.  
 All Finals will run at Final times  
 5000m to be Seeded Final  
 \*100m 30 or less will go straight to Semi Finals at Semi Final Times

### Saturday the 25th of July

12.30	10,000m Walk	Men	F	12.30	Shot Put	Women
13.00	200m	Women	H	13.45	Shot Put	Men
13.20	200m	Men	H	13.00	Triple Jump	Women
13.45	5000m Walk	Women	F	14.45	Triple Jump	Men
14.15	400m H	Women	H	14.00	High Jump	Women
14.30	400m H	Men	H	15.45	High Jump	Men
14.45	800m	Women	H	15.00	Javelin	Men
15.05	800m	Men	H	16.15	Javelin	Women
15.25	200m	Women	F	16.45	WFH	Men
15.35	200m	Men	F			(Senior U20,U23)
15.45	3000m S/Chase	Women	F	17.30	WFH	Women
16.00	3000m S/Chase	Men	F			(Senior U20,U23)
16.15	1500m	Women	H			
16.30	1500m	Men	H			
17.00	400m	Women	H			
17.20	400m	Men	H			
17.40	4 x 100m	Women	T			
17.55	4x 100m	Men	T			

### Sunday the 26th of July

14.00	100mH	Women	H	14.00	Hammer	Women
14.15	110mH	Men	H	15.30	Hammer	Men
14.25	3000m U20	Women	F	14.30	Pole Vault	Women
14.45	100m*	Women	H	17.15	Pole Vault	Men
15.05	100m	Men	H	15.00	Long Jump	Women
15.25	5000m	Women	F	17.15	Long Jump	Men
15.50	110mH	Men	F	17.30	Discus	Women
16.00	100mH	Women	F	19.00	Discus	Men
16.10	3000m U20	Men	F	17.30	WFD	Women
16.25	100m	Women	S	19.00	WFD	Men
16.40	100m	Men	S			
16.55	400mH	Women	F			
17.05	400mH	Men	F			
17.15	5000m C	Men	Seed			
17.35	5000m B	Men	Seed			
18.00	5000m A	Men	Seed			
18.20	100m	Women	F			
18.30	100m	Men	F			
18.40	800m	Women	F			
18.50	800m	Men	F			
19.00	400m	Women	F			
19.10	400m	Men	F			
19.20	1500m	Women	F			
19.35						
19.45	1500m	Men	F			
20.00	4x400m	Mixed	T			
20.10	4x400m	Women	T			
20.20	4x400m	Men	T			