



National
Track & Field
Championships



OFFICIAL PARTNERS



Saturday the 25th of July

12.00	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			
13.50	5000m Walk	Women	F	13.00	Triple Jump	Women
14.20	400m H	Women	H	14.45	Triple Jump	Men
14.30	400m H	Men	H			
14.45	800m	Women	H	14.00	High Jump	Women
15.00	800m	Men	H	15.45	High Jump	Men
15.30	200m	Women	F			
15.35	200m	Men	F	15.00	Javelin	Men
15.40	3000m S/Chase	Women	F	16.15	Javelin	Women
15.55	3000m S/Chase	Men	F			
16.15	1500m	Women	H	16.30	WFH	Men
16.35	1500m	Men	H			(Senior U20,U23)
17.05	400m	Women	H	17.30	WFH	Women
17.25	400m	Men	H			(Senior U20,U23)
17.50	4 x 100m	Women	T			
17.55	4 x 100m	Men	T			

Sunday the 26th of July

14.15	100mH	Women	H	14.00	Hammer	Women
14.25	3000m U20	Women	F	15.30	Hammer	Men
14.45	100m*	Women	H			
15.05	100m	Men	H	14.30	Pole Vault	Women
15.45	5000m	Women	F	17.15	Pole Vault	Men
16.05	110mH	Men	F			
16.10	100mH	Women	F	15.00	Long Jump	Women
16.20	3000m U20	Men	F	17.15	Long Jump	Men
16.35	100m	Women	S			
16.47	100m	Men	S	16.30	WFD	Women
17.05	400mH	Women	F	17.30	WFD	Men
17.10	400mH	Men	F			
17.15	5000m C	Men	Seeded	17.45	Discus	Women
17.35	5000m B	Men	Seeded	19.00	Discus	Men
18.00	5000m A	Men	Seeded			
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			
19.30	Run With Ciara					
19.45	1500m	Men	F			
20.00	4x400m	Mixed	T			
20.10	4x400m	Women	T			
20.20	4x400m	Men	T			

Live T.V.

Call Room
Track 20 Min
Throw 50 Min
Jump 50 Min
HJ 65 Min
PV 80 Min

LIVE
Coverage on
RTE
Sun 26th July
18:00 - 20:00

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