

National Track & Field Championships



Live Stream Both Days

Live T.V.

NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
SAT 29th & SUN 30th of JUNE 2024

ATHLETICSIRELAND.IE
f #IHNatst&F

Check in closes 90 minutes before your event
Implement Check between 90-60 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

Senior 10,000m, Team 10,000m will take place at the AAI Games on the 13th June
*30 or less, Heats for 100m will go straight to Semi Final

Saturday the 29th of June

12:00	110mH	Men	H		
12:10	100mH	Women	H	12:30	Javelin Men
12:30	200m	Women	H	14:30	Javelin Women
12:50	200m	Men	H		
13:30	800m	Women	H	14:30	Shot Put Men
13:50	800m	Men	H	16:00	Shot Put Women
14:20	110mH	Men	F		
14:30	100mH	Women	F	17:00	WFH Men
14:40	200m	Women	F		(Senior U20,U23)
14:50	200m	Men	F	17:00	WFH Women
15:00	1500m	Women	H		(Senior U20,U23)
15:15	1500m	Men	H		
15:40	400m	Women	H		
16:00	400m	Men	H		
16:30	5000m	Men C	F	14:00	Triple Jump Women
16:50	5000m	Men B	F	16:00	Triple Jump Men
17:10	3000m SC	Women	F		
17:30	5000m	Men A	F	13:00	High Jump Men
17:50	400mH	Women	H	15:00	High Jump Women
18:00	400mH	Men	H		
18:10	4x100m	Women	F		
18:20	4x100m	Men	F		

Sunday the 30th of June

09:30	100m*	Women	H	09:30	Hammer Men
10:00	100m	Men	H	13:00	Hammer Women
10:30	10,000m Walk	Men	F		
11:30	100m	Women	S	10:30	Pole Vault Men
11:50	100m	Men	S	13:00	Pole Vault Women
12:10	5000m Walk	Women	F		
12:50	400mH	Women	F	11:00	Discus Women
				14:30	Discus Men
13:05	400mH	Men	F	12:00	Long Jump Men
13:15	800m	Women	F	13:45	Long Jump Women
13:25	800m	Men	F		
13:35	100m	Men	F	12:00	WFD Men
13:45	100m	Women	F	14:30	WFD Women
13:55	400m	Women	F		
14:05	400m	Men	F		
14:15	1500m	Women	F		
14:25	1500m	Men	F		
14:35	4x400m	Mixed	F		
14:45	3000m	U20 Women	F		
15:00	3000m	U20 Men	F		
15:15	5000m	Women	F		
15:35	3000m SC	Men	F		
15:50	4x400m	Women	F		
16:00	4x400m	Men	F		

Call Room

Track 20 Min
Throw 40 Min
Jump 50 Min
HJ 65 Min
PV 80 Min

Live

Coverage on
RTE
Sun 30th June
13:00-14:30

OFFICIAL PARTNER

123.ie