

OFFICIAL PARTNERS

123.ie

National

Track & Field Championships





CHAMPIONSHIPS

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

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

10:00	10,000m W	Men	F
11:00	110mH	Men	н
11:10	100mH	Women	н
11:30	200m	Women	н
11:50	200m	Men	н
12:30	5000m W	Women	F
13:00	800m	Women	н
13:20	800m	Men	H
13:50	100mH	Women	F
14:00	110mH	Men	F
14:10	200m	Women	F
14:20	200m	Men	F
14:30	1500m	Women	н
14:45	1500m	Men	H
15:10	400m	Women	H
15:30	400m	Men	H
16:00	5000m	Men C	F
16:20	5000m	Men B	F
17:00	5000m	Men A	F
17:20	400mH	Women	H
17:30	400mH	Men	H
17:40	4x100m	Women	F
17:50	4x100m	Men	F
	11:00 11:10 11:30 11:50 12:30 13:00 13:20 13:50 14:00 14:10 14:20 14:30 14:45 15:10 15:30 16:00 17:00 17:20 17:30 17:40	11:00 110mH 11:10 100mH 11:30 200m 11:50 200m 12:30 5000m W 13:00 800m 13:20 800m 13:50 100mH 14:00 110mH 14:10 200m 14:20 200m 14:30 1500m 14:45 1500m 15:10 400m 15:30 400m 16:20 5000m 17:00 5000m 17:20 400mH 17:30 400mH 17:30 400mH 17:40 4x100m	11:00 110mH Men 11:10 100mH Women 11:30 200m Women 11:50 200m Men 12:30 5000m W Women 13:00 800m Women 13:20 800m Men 13:50 100mH Women 14:00 110mH Men 14:10 200m Women 14:20 200m Men 14:30 1500m Women 14:45 1500m Men 15:10 400m Women 15:30 400m Men 15:30 400m Men 15:30 400m Men 17:30 400mH Women 17:30 400mH Women 17:30 400mH Women

Sunday the 30th of June

09:30	100m*	Women	H
10:00	100m	Men	Н
11:10	3000m SC	Men	F
11:30	100m	Women	S
11:50	100m	Men	S
12:30	3000m SC	Women	F
12:50	400mH	Women	F

13:05	400mH	Men	
13:15	800m	Women	
13:25	800m	Men	
13:35	100m	Men	
13:45	100m	Women	
13:55	400m	Women	
14:05	400m	Men	
14:15	1500m	Women	
14:25	1500m	Men	

14:35	4x400m	Mixed	F
14:45	3000m	U20 Women	F
15:00	3000m	U20 Men	F
15:15	5000m	Women	F
15:50	4x400m	Women	F
16:00	4x400m	Men	F

12:30	Javelin	Men
14:30	Javelin	Women
14:30	Shot Put	Men
16:00	Shot Put	Women
17:00	WFH	Men (Senior U20,U23)
17:00	WFH	Women (Senior U20,U23)
14:00	Triple Jump	Women
16:00	Triple Jump	Men
13:00	High Jump	Men
15:00	High Jump	Women

09:30	Hammer	Men
13:00	Hammer	Women
10:30	Pole Vault	Men
13:00	Pole Vault	Women
11:00	Discus	Women
14:30	Discus	Men
12:00	Long Jump	Men
13:45	Long Jump	Women
		2.0
12:00	WFD	Men
14:30	WFD	Women

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

