



National
Track & Field
Championships



OFFICIAL PARTNERS

123.ie

Saturday the 29th of June

10:00	10,000m W	Men	F		
11:00	110mH	Men	H		
11:10	100mH	Women	H	12:30	Javelin Men
11:30	200m	Women	H	14:30	Javelin Women
11:50	200m	Men	H		
12:30	5000m W	Women	F	14:30	Shot Put Men
13:00	800m	Women	H	16:00	Shot Put Women
13:20	800m	Men	H		
13:50	100mH	Women	F	17:00	WFH Men
14:00	110mH	Men	F		(Senior U20,U23)
14:10	200m	Women	F	17:00	WFH Women
14:20	200m	Men	F		(Senior U20,U23)
14:30	1500m	Women	H		
14:45	1500m	Men	H	14:00	Triple Jump Women
15:10	400m	Women	H	16:00	Triple Jump Men
15:30	400m	Men	H		
16:00	5000m	Men C	F	13:00	High Jump Men
16:20	5000m	Men B	F	15:00	High Jump Women
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		

Sunday the 30th of June

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

LIVE STREAM BOTH DAYS

Live T.V.



NATIONAL SENIOR T&F
CHAMPIONSHIPS

- Check in opens 150 minutes before your event
- 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

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

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

LIVE
Coverage on

Sun 30th June
1pm - 2:30pm