



11:00	10,000m W	Men	F		
12:00	100mH	Women	H		
12:15	200m	Women	H	12:00	Javelin Men
12:30	200m	Men	H	13:40	Javelin Women
13:00	5000m W	Women	F		
13:30	800m	Women	H	13:20	Shot Put Men
13:40	800m	Men	H	14:50	Shot Put Women
14:05	100mH	Women	F		
14:15	110mH	Men	F	16:15	WFH Men
14:25	200m	Women	F		(Senior U20,U23)
14:35	200m	Men	F	16:15	WFH Women
14:45	1500m	Women	H		(Senior U20,U23)
15:00	1500m	Men	H		
15:25	400m	Women	H		
15:40	400m	Men	H		
16:10	5000m	Men C	F	13:30	Triple Jump Women
16:30	5000m	Men B	F	15:20	Triple Jump Men
16:50	5000m	Men A	F		
17:10	400mH	Women	H	13:00	High Jump Men
17:25	400mH	Men	H	15:10	High Jump Women
17:40	4x100m	Women	F		
17:50	4x100m	Men	F		

Sunday the 30th of June

10:30	100m*	Women	H	10:00	Hammer Men
10:50	100m	Men	H	11:30	Hammer Women
11:40	3000m SC	Men	F		
12:00	100m	Women	S	11:00	Pole Vault Men
12:10	100m	Men	S	13:30	Pole Vault Women
12:30	3000m SC	Women	F		
12:50	400mH	Women	F	13:10	Discus Women
				14:40	Discus Men

13:05	400mH	Men	F
13:15	800m	Women	F
13:25	800m	Men	F
13:35	100m	Women	F
13:45	100m	Men	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
15:40	4x400m	Women	F
15:50	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

*30 or less, Heats for 100m will go straight to Semi Final

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
RTE
Sun 30th June
1pm - 2:30pm