

## National Track & Field Championships



# Provisional Timetable

## Times May Change

## NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY  
SAT 29th & SUN 30th of JULY 2023

ATHLETICSIRELAND.IE  
#IHhNatsT&F

Check in closes 90 minutes before your 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 and 4x400 mixed relays will take place at the AAI Games on the 15th July

Live Stream Both Days

Live T.V.

### Saturday the 29th of July

12:30	110mH	Men	H	12:00	Hammer	Men
12:40	100mH	Women	H	13:30	Hammer	Women
12:50	200m	Women	H			
13:10	200m	Men	H	13:00	Shot Put	Men
13:40	800m	Women	H	14:30	Shot Put	Women
14:00	800m	Men	H			
14:20	100mH	Women	F	16:00	WFH	Men
14:30	110mH	Men	F			(Senior U20,U23)
15:00	200m	Women	F	17:00	WFH	Women
15:10	200m	Men	F			(Senior U20,U23)
15:30	400mH	Women	H			
15:45	400mH	Men	H	14:00	Triple Jump	Women
16:00	1500m	Women	H	16:00	Triple Jump	Men
16:15	1500m	Men	H			
16:30	3000m SC	Women	F	14:00	High Jump	Men
16:45	400m	Women	H	16:00	High Jump	Women
17:00	400m	Men	H			
17:30	4x100m Relay	Women	F			
17:40	4x100m Relay	Men	F			

### Sunday the 30th Of July

13:00	10,000m W	Men	F	13:30	Discus	Men
14:00	100m	Women	H	15:10	Discus	Women
14:20	100m	Men	H			
15:00	5000m W	Women	F	17:10	Javelin	Men
15:40	3000m SC	Men	F	18:50	Javelin	Women
16:00	5000m	Women	F			
16:25	100m	Women	S	17:30	WFD	Men
16:40	100m	Men	S	19:00	WFD	Women
17:20	5000m	Men C	F			
17:40	5000m	Men B	F			

18:05	5000m	Men A	F
18:40	400mH	Women	F
18:50	400mH	Men	F
19:00	800m	Women	F
19:15	800m	Men	F
19:25	400m	Men	F
19:35	400m	Women	F
19:45	100m	Women	F
20:00	100m	Men	F
20:10	1500m	Women	F
20:20	1500m	Men	F

20:30	4x400m Relay	Women	F
20:40	4x400m Relay	Men	F

14:00	Long Jump	Men
15:30	Long Jump	Women

15:30	Pole Vault	Men
17:30	Pole Vault	Women

Live Coverage on RTE  
Sun 30th July  
18:05-20:30