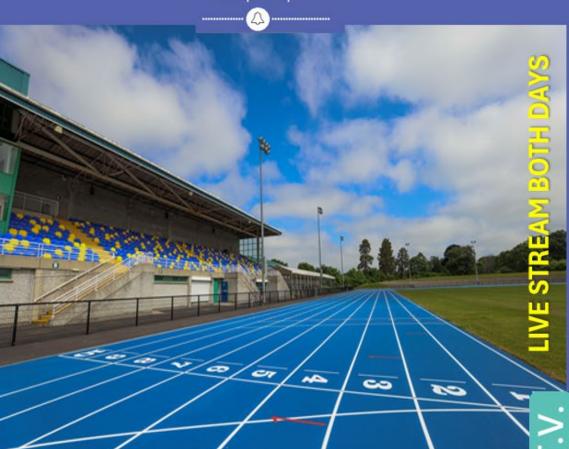


OFFICIAL PARTNERS

123.ie

## **National**

Track & Field Championships



# NATIONAL SENIOR T&F CHAMPIONSHIPS

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

### 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

### Saturday the 29th of June 10,000m W 11:00 Men 100mH H 12:00 Women 12:15 200m н Women 12:30 200m Men H 13:00 5000m W Women 13:30 800m Women H 13:40 800m Men н 14:05 100mH Women 14:15 110mH Men 14:25 200m Women 14:35 200m Men 14:45 1500m Women H 15:00 1500m Men Н 15:25 400m Women H 15:40 400m Men H

Men C

Men B

Men A

Men

Men

Women

Women

H

H

## Sunday the 30th of June

5000m

5000m

5000m

400mH

400mH

4x100m

4x100m

16:10

16:30

16:50

17:10

17:25

17:40

17:50

Œ

10:30	100m*	Women	Н
10:50	100m	Men	Н
11:40	3000m SC	Men	F
12:00	100m	Women	S
12:10	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	Women	
13:45	100m	Men	
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
15:40	4x400m	Women	F
15:50	4x400m	Men	F

12:00	Javelin	Men
13:40	Javelin	Women
13:20	Shot Put	Men

**Shot Put** 

14:50

16:15 WFH Men (Senior U20,U23) 16:15 WFH Women

> (Senior U20,U23)

Women

13:30 Triple Jump Women 15:20 Triple Jump Men 13:00 High Jump Men

15:10 High Jump Women

10:00 Hammer Men 11:30 Hammer Women 11:00 Pole Vault Men 13:30 Pole Vault Women

13:10 Discus Women 14:40 Discus Men

12:30 Long Jump Men 14:20 Long Jump Women

13:00 WFD Men 14:30 WFD Women

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

