



TRACK

11.00	Opening Ceremony	
11:30	100m Hurdles	Women
11:40	110m Hurdles	Men
11:50	2000m Walk	Women
12:05	400m Hurdles	Women
12:15	400m Hurdles	Men
12:20	3000m Walk	Men
12:30	4 x 100m Relay	Women
12:50	4 x 100m Relay	Men
13:00	1500m	Women
13:15	1500m	Men
13:30	400m	Women
13:40	400m	Men
13:50	1500m S/C	Women
14:05	200m	Women
14:15	200m	Men
14:25	2000m S/C	Men
14:40	800m	Men
14:50	800m	Women
15:00	3000m	Women
15:15	3000m	Men
15:30	100m	Women
15:40	100m	Men
15:50	4x 400m Relay	Women
16:00	4x 400m Relay	Men

TIME TABLE

FIELD

11:30	Hammer	Men
12:00	Pole Vault	Women
12:00	High Jump	Men
12:15	Hammer	Women
12:30	Long Jump	Women
12:45	Discus	Men
13:00	High Jump	Women
13:15	Long Jump	Men
13:30	Discus	Women
13:30	Javelin	Women
14:00	Pole Vault	Men
14:00	Triple Jump	Women
14:15	Javelin	Men
14:15	Shot Putt	Women
14:45	Triple Jump	Men
15:00	Shot Putt	Men

SATURDAY 3RD AUG 2019
MORTON STADIUM, DUBLIN