

**Athletes check- in (90 minutes) prior to their event**  
**Implement Check 90-60 Minutes Pre-Event**

**Track**

Track Athletes to the call room  
 (20 minutes) Prior to their Event  
 Finals if Heats not Required at Heat Time

**Field**

Field Athletes to the call room prior to event  
 High Jump (65 Minutes)  
 Pole Vault (80 Minutes)  
 Throws (40 Minutes)

<b>10:00</b>	3000mW	Women	Final	<b>10:00</b>	Long Jump	U23 Men & Women
<b>10:20</b>	5000mW	Men	Final	<b>11:40</b>	Long Jump	U20 Men
<b>10:50</b>	400mH	Women	Final (TT)	<b>13:50</b>	Long Jump	U20 Women
<b>11:05</b>	400mH	Men	Final (TT)			
<b>11:25</b>	100m	Women	Heats	<b>10:00</b>	Hammer	Men
<b>11:40</b>	100m	Men	Heats	<b>11:30</b>	Hammer	Women
<b>12:20</b>	800m	Women	Heats			
<b>12:30</b>	800m	Men	Final	<b>10:40</b>	High Jump	Women
<b>12:45</b>	3000mSC	Women	Final	<b>12:30</b>	High Jump	Men
<b>13:10</b>	100m	Women	Final			
<b>13:18</b>	100m	Men	Final	<b>10:30</b>	Shot Put	Women
<b>13:30</b>	3000mSC	Men	Final	<b>12:10</b>	Shot Put	Men
<b>14:00</b>	400m	Women	Heats			
<b>14:15</b>	400m	Men	Heats	<b>11:15</b>	Pole Vault	Men
<b>14:45</b>	1500m	Women	Final	<b>14:15</b>	Pole Vault	Women
<b>14:57</b>	1500m	Men	Final			
<b>15:20</b>	200m	Women	Heats	<b>13:50</b>	Discus	Men
<b>15:40</b>	200m	Men	Heats	<b>15:40</b>	Discus	Women
<b>16:10</b>	5000m	Women	Final			
<b>16:30</b>	100mH	Women	Heats	<b>14:25</b>	Weight (20lbs, 28lbs)	Women
<b>16:45</b>	110mH	Men	Heats	<b>15:50</b>	Weight (35lbs)	Men
<b>17:00</b>	400m	Women	Final			
<b>17:10</b>	400m	Men	Final	<b>14:35</b>	Javelin	Women
<b>17:20</b>	5000m	Men	Final	<b>16:00</b>	Javelin	Men
<b>17:40</b>	200m	Women	Final			
<b>17:50</b>	200m	Men	Final	<b>15:30</b>	Triple Jump	Men
<b>18:00</b>	100mH	Women	Final	<b>16:50</b>	Triple Jump	Women
<b>18:05</b>	4x100m	Women	Final			
<b>18:10</b>	4x100m	Men	Final			
<b>18:20</b>	4x400m	Women	Final			
<b>18:30</b>	4x400m	Men	Final			

**Unless stated - Order of Competition is U20 followed by U23**



**U20 - U23  
National Championships  
Saturday 3rd August 2024  
Tullamore**

**123.ie**