

Irish Life health

National Track & Field Championships



Athletics Ireland

TIMETABLE

NATIONAL SENIOR & U23 T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
SAT 22nd & SUN 23rd AUGUST 2020
SAT 29th & SUN 30th AUGUST 2020

ATHLETICSIRELAND.IE
r #ilhNatsT&F

OFFICIAL PARTNER

Irish Life health

- * If numbers declared are greater than one race result will be based on times
- ** U23 Walks to be held in conjunction with Juniors
- *** U23 Men WFD 35lbs to be held in conjunction with Juniors

Saturday 22nd August

Session 1 (Gate Opens TBC)

5000m	Men	H	Hammer	Women
5000m	Jun Men	F	Long Jump	Women
			Hammer	Men

Session 2 (Gate Opens TBC)

400m	Women	H	Long Jump	Men
400m	Men	H		
5000m	Women	T*		
5000m	Jun Women	F		

Session 3 (Gate Opens TBC)

400mH	Women	H	WFH 56lbs	Men
400mH	Men	H	WFH 35lbs	U23 Men
1500m	Women	H	WFH 35lbs	Jun Men
1500m	Men	H		

Sunday 23rd August

Session 4 (Gate Opens TBC)

100m	Women	H	High Jump	Men
100m	Men	H	Javelin	Women
			High Jump	Women
			Javelin	Men

Session 5 (Gate Opens TBC)

5000m	Men	F		
400mH	Women	F		
400mH	Men	F		
100m	Women	F		
100m	Men	F		
400m	Women	F		
400m	Men	F		
1500m	Women	F		
1500m	Men	F		

Saturday 29th August

Session 6 (Gate Opens TBC)

800m	Women	H	Discus	Women
800m	Men	H	Triple Jump	Women

Session 7 (Gate Opens TBC)

5000m W	Women	F**	Discus	Men
10,000m W	Men	F**	Triple Jump	Men
10,000m	Men	T*		

Sunday 30th August

Session 8 (Gate Opens TBC)

200m	Women	H	Shot Put	Women
200m	Men	H	Pole Vault	Women
			Shot Put	Men

Session 9 (Gate Opens TBC)

3000m S/C	Women	F	Pole Vault	Men
3000m S/C	Men	F	WFD ***	Women & U23
			WFD	Men
100mH	Women	F		
110mH	Men	F		
200m	Women	F		
200m	Men	F		
800m	Women	F		
800m	Men	F		

Event Information

- Entries are now closed, no further entries will be accepted.
- All athletes attending the championships will be required to complete an electronic health questionnaire on the day of the event.
- Due to government regulations of only 200 people allowed on site, the championships will be closed to all Media, coaches and spectators.
- All events will be live streamed.
- Entry to the stadium will only be permitted at the stated time prior to the session in which the athlete is competing.
- No medal ceremonies will take place during the Championship.
- Athletes will be required to leave the stadium immediately once their event is complete.
- We would encourage all athletes to bring their own throwing implements.
- To aid administration please inform competition@athletic.sireland.ie if you do not intend to complete.
- Athletes based overseas wishing to take part in the Championships must have completed 14 days of self-isolation prior to the event, and have proof of travel dates.
- Any residents of Counties that are in a government lockdown due to Covid19 for the Championship dates cannot travel to the event as athletes or officials.
- World athletics have recently introduced a new shoe rule. Please see here for more information.

<https://www.athleticsireland.ie/news/clarification-on-world-athletics-rules-footwear-worn-for-track-races>

All athletes must bring their own named water bottles and hand sanitizer and any personal items required.