



SETU South Sports Campus, Carlow

Saturday 23rd May 2026								
Track	Time	Event	Entries	Field	Time	Event	Entries	
	10:00	80mH	Mas Women / Men	5	10:00	Long Jump	U20 Women	8
		100mH	U18, U20SM Women	4	10:45	Long Jump	U20, Senior Men +CE	9
		100mH	Mas Men	4	11:30	Long Jump	Master Men	13
		110mH	U18, U20SM Men	3	13:00	Long Jump	Senior + Master Women	11
		100m	All Men CE	1				
					10:00	High Jump	Master Men	12
	10:40	1500m	Women	20	11:00	High Jump	Women	10
	11:00	1500m	Men	32	14:00	High Jump	U20 + Senior Men +CE	7
	11:30	110mH	Series 2		10:00	Shot Put	Master Women	17
		100mH	Series 2		11:10	Shot Put	U20 + Senior Women	8
					12:00	Shot Put	U20, Senior Men +CE	12
	12:00	3000m SC	Women	1	13:15	Shot Put	Master Men O35-49	8
	12:00	2000m SC	U18 Women	3	14:00	Shot Put	Master Men O50+	11
					15:00	Seated SP	All	
	12:20	100m	Women (U20U23SM)	52				
	13:00	100m	Men (U20U23SM)	75	14:00	Weight D	Women	23
					15:00	Weight D	U20, Sen, Mas O35-49 Men	13
	13:50	2000m SC	U18 Men	3	16:00	Weight D	Master Men O50+	14
	13:50	3000m SC	Mas Men	4				
	14:15	3000m SC	U20, Sen Men	2	10:00	Hammer	U20 + Sen Men	10
					11:00	Hammer	Master Men	15
	14:30	100m	Finals (U20, U23 Sen)		12:30	Hammer	Women	14
			Series 2 where no Final					
					14:00	H Hammer	U20, Sen, Mas O35-49 Men	6
	15:00	400m	Women	30	15:00	H Hammer	Master Men O50+	10
	15:20	400m	Men	42	16:00	H Hammer	Women	9
	16:00	Mx Relay	4x100m	1	Heats available for U20 & Senior Athletes in the Short Hurdles, 100m & 200m. Wind Direction chosen at start of first set of each Sprints / Hurdles.			
	16:10	400m	Men CE	1				
	16:20	Relays	4x100m	3				
Sunday 24th May 2026								
	09:45	110mH	Men CE	1				
	10:30	300mH	Mas Women; Mas Men	4	11:30	Pole Vault	All +CE	12
		400mH	U18, JSM Women	4				
		400mH	U18, JSM Men	6	10:30	Triple Jump	Women	13
					12:00	Triple Jump	Men	12
	11:00	800m	Women	18				
	11:20	800m	Men	36	09:30	Discus	Women	17
	12:00	5k, 3k Walks	Men + Women	7	10:30	Discus	U20 + Senior Men +CE	13
					11:30	Discus	Master Men	19
	13:00	200m	Women	37	13:00	Seated	All	4
	13:25	200m	Men	57				
					13:00	Javelin	Master Men	19
	14:00	3000m	Women	13	14:00	Javelin	U20 + Senior Men +CE	15
	14:30	3000m	U20 Men + Mas O65+	7	15:00	Javelin	Women	18
	14:50	200m	U20+Sen Finals		14:00	Weight H	Women	11
	15:00	Relays	Mixed 4x400m	1	15:00	Weight H	Men	19
	15:20	5000m	Senior Men + Mas Men	20				
	16:00	1500m	Combined Events	1				
	16:10	Relays	4x400m	0				

NB - Schedule can run upto 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable

Check-In for Events Closes at 14:00

Implement Check 1hr before event Schedule