



NI & Ulster Senior Championships



Saturday 9th August 2025

Event Time	# Entries	Event	Track Field	Call Room Time
10.00	20	Flahavans 1k	T	/
10:30	21	Women's and Ambulant Womens 100m Heats (3)	T	10:00
10:30	5	Men's Discus	F	/
10:30	10	Women's Triple Jump	F	/
10:40	31	Men's and Ambulant Mens 100m Heats (4)	T	10:10
11:00	15	Women's 400m Heats (2)	T	10:30
11:10	17	Men's 400m Heats (3)	T	10:20
11:10	5	Women's High Jump	F	/
11:30	18	Men's 800m Heats (2)	T	11:00
11:40	8	Women's 800m Final	T	11:10
11:40	8	Women's Discus	F	/
11:50	-	Ambulant Womens Final	T	11:20
11:50	-	Women's 100m B Final	T	11:20
11:50	-	Women's 100m A final		11:20
11:50	2	Women's Pole Vault	F	/
12.00	2	Ambulant Men's 100m Final	T	11:30
12:00	-	Men's 100m B Final	T	11:30
12.00	-	Men's 100m A final	T	11.30
12:00	8	Men's Triple Jump	F	/
12:15	3	Women's 5000m	T	11:45
12:50	17	Men's 5000m	T	12:20
1:10	2	Men's and Womens 3K walk	T	12:40
1:10	4	Men's Javelin	F	/
1:10	6	Women's Shot Put	F	/
1.35	3	Men's Steeplechase	T	1.05
1.50	2/5	Mens 110 and Womens 100m Hurdles final	T	1.20
2:00		Men's 800m Final	T	1:20
2:15	26	Mens 200m Heats (5)	T	1:30
2.00	4	Men's High Jump	F	/
2:00	4	Men's Pole Vault	F	/
2:30	24	Womens 200m Heats (4)	T	1:45
2:30	6	Women's Javelin	F	
2:30	6	Men's Shot Put	F	/
2:45	16	Women's Long Jump\ Para women's LJ	F	/
2.45	4	Womens 400m Hurdles Final	T	
2:55	3	Men's 400m Hurdles Final	T	2:25
3:05	6	Women's 1500m Final	T	2:35

3:05	3	Men's Hammer Throw	F	/
3:15	17	Men's 1500m Final	T	2:45
3:25	-	Women's 400m Final	T	2:55
3:35	-	Men's 400m Final	T	3:05
3:35	7	Women's Hammer	F	/
3:35	13	Men's Long Jump and Para Men's Long Jump	F	/
3:45	-	Women's 200m B Final	T	3:15
3:50		Womens 200m Final		
3:55	-	Men's 200m B Final	T	3:25
4:00		Mens 200m Final		