



	<b>BST</b>	<b>Venue time</b>
<b>Monday (August 6th) - PM</b>		
Adam McMullen (Crusaders) Long Jump Qualifying	15:35	16:35
<b>Tuesday (August 7th) - AM</b>		
Brendan Boyce (Finn Valley) 50k Race Walk Final	07:35	08:35
<b>Tuesday (August 7th) - PM</b>		
Stephen Scullion (Clonliffe Harriers) 10,000m Final	19:20	20:20
<b>Wednesday (August 8th) - PM</b>		
Adam McMullen (Crusaders) Long Jump Final	18:40	19:40
Leon Reid (Menapians) 200m Semi-final	19:15	20:15
Emma Mitchell (Queens) 10,000m Final	19:40	20:40
<b>Thursday (August 9th) - AM</b>		
Ben Reynolds (North Down) 110m Hurdles Heats	09:55	10:55
Mark English (UCD) 800m Heats	10.30	11.30
<b>Thursday (August 9th) - PM</b>		
Leon Reid (Menapians) 200m Final	20:05	21:05
<b>Friday (August 10th) - AM</b>		
Ciara Mageean (UCD) 1500m Heats	11:00	12:00
Kerry O'Flaherty (Newcastle) 3000m s/chase Heats	11:25	12:25
Men's 4 x 400m Relay Heats	12:05	13:05
Women's 4 x 400m Relay Heats	12:40	13:40
<b>Friday (August 10th) - PM</b>		
Ben Reynolds (North Down) 110m hurdles Semi-final	18:10	19:10
Mark English (UCD) 800m Semi-final	18.32	19.32
Ben Reynolds (North Down) 110m hurdles Final	20:35	21:35
<b>Saturday (August 11th) - PM</b>		
Mark English (UCD) 800m Final	19.30	20.30
Men's 4 x 400m Relay Final	20:30	21:30
Women's 4 x 400m Relay Final	20:50	21:50
<b>Sunday (August 12th) - AM</b>		
Breege Connolly (North Belfast Harriers) Marathon	08:05	09:05
Gladys Ganiel (North Belfast Harriers) Marathon	08:05	09:05
Laura Graham (Mourne Runners) Marathon	08:05	09:05
Kevin Seaward (St Malachy's) Marathon	09:00	10:00
Paul Pollock (Annadale Striders) Marathon	09:00	10:00
<b>Sunday (August 12th) - PM</b>		
Ciara Mageean (UCD) 1500m Final	19:00	20:00
Kerry O'Flaherty (Newcastle) 3000m steeplechase Final	19:55	20:55

