**NI & Ulster Senior Championships**

**Friday 16th June 2023**

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| **Track** |
| 6:30pm | Men’s 800m Heats (2) & Ambulant Men’s 800m Final |
| 6:50pm | Women’s 800m FINAL |
| 7:00pm | Men’s 10,000m |

**Saturday 17th June 2023**

**Mary Peters Track**

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| **Track** | **Field** |
| 10.30am | Women’s 100m Heats (3) & Ambulant Women’s 100m Final | Men’s Discus | Women’s Long Jump & Para Women’s Long Jump  |
| 10.40am | Men’s 100m Heats (4) |  |  |
| 11.00am | Women’s 400m Heats (2)  |  |  |
| 11.10am | Men’s 400m Heats (3) |  | Women’s High Jump  |
| 11.30am | Men’s 800m Final | Women’s Discus  |  |
| 11.45am | Women’s 400m Hurdles Heats (2)  |  |  |
| 12 noon | Women’s 200m Heats (3)  | Women’s Pole Vault  |  |
| 12.15pm | Men’s 200m Heats (4)  |  |  |
| 12.35pm | Women’s 5000m |  | Men’s Triple Jump  |
| 1.00pm | Women’s 100m Hurdle Heats (2)  |  |  |
| 1.10pm | Men’s 5000m B  | Men’s Javelin & Para Men’s Javelin | Women’s Shot Put & Para Women’s Shot Put |
| 1.30pm | Women’s 100m Final |  |  |
| 1.35pm | Men’s 100m Final B |  |  |
| 1.40pm | Men’s 100m Final A |  |  |
| 1.45pm | Men’s 5000m A | Men’s Pole Vault  | Men’s High Jump  |
| 2.10pm | Men’s 110m Hurdle Final  | Women’s Javelin  |  |
| 2.20pm | Women’s 100m Hurdle Final |  | Men’s Shot Put  |
| 2.40pm | Women’s 400m Hurdles Final |  |  |
| 2.50pm | Men’s 400m Hurdles  |  |  |
| 3.00pm  | Women’s 200m Final | Men’s Hammer  | Women’s Triple Jump  |
| 3.10pm | Men’s 200m Final B |  |  |
| 3.15pm | Men’s 200m Final A |  |  |
| 3.25pm | Men’s 3000m Steeplechase  |  |  |
| 3.50pm | Women’s 400m Final |  |  |
| 3.45pm | Men’s 400m Final | Women’s Hammer | Men’s Long Jump & Para Men’s Long Jump |
| 4.00pm | Women’s 1500m Final  |  |  |
| 4.25PM | Men’s 1500m Final B & Ambulant Men’s 1500m Final |  |  |
| 4.35pm | Men’s 1500m Final A  |  |  |