



NI & Ulster Senior Championships



Saturday 9th August 2025

Event Time	Event	Track Field	Call Room Time	Medal Time
10.00	Flahavans 1k	I	/	/
10:30	Women's 100m Heats (3)	T	10:00	/
10:30	Men's Discus	F	/	11:15
10:30	Women's Triple Jump	F	/	11:20
10:40	Men's 100m Heats (4) and Ambulant Men's 100m Final	T	10:10	11:30 (Ambulant)
11:00	Women's 400m Heats (2)	T	10:30	/
11:10	Men's 400m Heats (3)	T	10:20	/
11:10	Women's High Jump	F	/	11:55
11:30	Men's 800m Heats (2)	T	11:00	/
11:40	Women's 800m Final	T	11:10	12:25
11:40	Women's Discus	F	/	12:30
11:50	Women's 100m Final	T	11:20	12:35
11:50	Women's Pole Vault	F	/	12:40
12:00	Men's 100m Final	T	11:30	12:45
12:00	Men's Triple Jump	F	/	12:55
12:15	Women's 5000m	T	11:45	1:00
12:50	Men's 5000m B	T	12:20	1:35
1:10	Men's 5000m A	T	12:40	1:50
1:10	Men's Javelin and Para Mens Javelin	F	/	1.55
1:10	Women's Shot Put and Para Woman's Shot Put	F	/	2:00
1.35	Men's Steeplechase	T	1.05	2.10
1:50	Men's 800m Final	T	1:20	2:35
2:00	Women's 200m Heats (3)	T	1:30	/
2.00	Men's High Jump	F	/	2.40
2:00	Men's Pole Vault	F	/	2:45
2:15	Men's 200m Heats (3)	T	1:45	3:00
2.30	Men's 110 and Women's 100m Hurdle Final	T	2.00	3.05
2:30	Women's Javelin	F		3:15
2:30	Men's Shot Put	F	/	3:20
2:45	Women's Long Jump\ Para women's LJ	F	/	3:25
2:55	Men's 400m Hurdles Final	T	2:25	3:35
3:05	Women's 1500m Final	T	2:35	3:50

3:05	Men's Hammer Throw	F	/	3:55
3:15	Men's 1500m Final	T	2:45	4:00
3:25	Women's 400m Final	T	2:55	4:10
3:35	Men's 400m Final	T	3:05	4:20
3:35	Women's Hammer	F	/	4:25
3:35	Men's Long Jump and Para Men's Long Jump	F	/	4:30
3:45	Women's 200m Final	T	3:15	4:35
3:55	Men's 200m Final	T	3:25	4:40