

FINAL TIME SCHEDULE

ALL FIELD EVENTS WILL BE 3 ATTEMPTS AND 3 MORE FOR THE TOP 9

FRIDAY – APRIL 29, 2022	FIELD EVENTS (WORST TO BEST)
11:00 AM	Women's Hammer (2 FLIGHTS)
1:00 PM	Men's Pole Vault (Starting at 4.11m)
1:30 PM	Men's Hammer (2 FLIGHTS)
2:00 PM	Men's Javelin (1 FLIGHT)
4:00 PM	Men's Long Jump (2 FLIGHTS - West Pit)
4:00 PM	Women's Long Jump (3 FLIGHTS - East Pit)
4:30 PM	Women's Javelin (2 FLIGHTS)

FRIDAY – APRIL 29, 2022	TRACK EVENTS (FAST TO SLOW)
7:00 PM	Men's 3000M Steeplechase (1 HEAT)
7:20 PM	Women's 3000M Steeplechase (1 HEAT)
7:40 PM	Men's 5000M (Heat 1)
8:00 PM	Men's 5000M (Heat 2)
8:20 PM	Women's 5000M (Heat 1)
8:40 PM	Women's 5000M (Heat 2)

SATURDAY – APRIL 30, 2022	FIELD EVENTS (WORST TO BEST)
12:00 PM	Men's Shot Put (2 FLIGHTS)
12:00 PM	Women's Discus (2 FLIGHTS)
11:00 AM	Women's High Jump (Starting at 1.50m)
1:00 PM	Women's Pole Vault (Starting at 3.20m)
1:30 PM	Men's High Jump (Starting at 1.83m)
3:00 PM	Women's Triple Jump (1 FLIGHT - East Pit)
3:00 PM	Men's Triple Jump (2 FLIGHTS - West Pit)
3:00 PM	Men's Discus (3 FLIGHTS)
3:00 PM	Women's Shot Put (2 FLIGHTS)

SATURDAY – APRIL 30, 2022	TRACK EVENTS (FAST TO SLOW)
12:30 PM	Women's 4x100M Relay (1 HEAT)
12:35 PM	Men's 4x100M Relay (1 HEAT)
12:40 PM	Women's 800M (6 HEATS)
1:05 PM	Men's 800M (8 HEATS)
1:30 PM	Women's 100M Hurdles (5 HEATS)
1:50 PM	Men's 110M Hurdles (3 HEATS)
2:10 PM	Women's 400M (4 HEATS)
2:20 PM	Men's 400M (4 HEATS)
2:35 PM	Women's 100M (6 HEATS)
2:50 PM	Men's 100M (8 HEATS)
3:10 PM	Women's 400M Hurdles (2 HEATS)
3:20 PM	Men's 400M Hurdles (2 HEATS)
3:30 PM	Women's 200M (8 HEATS)
3:50 PM	Men's 200M (7 HEATS)
4:15 PM	Senior Recognition
4:35 PM	Women's 1500M (7 HEATS)
5:15 PM	Men's 1500M (7 HEATS)
5:55 PM	Women's 4x400M Relay (1 HEAT)
6:00 PM	Men's 4x400M Relay (2 HEATS)