



Timetable 2022

With Outside Throw Facility

Event	Time	Event					
		Track		Field			Warm Up Time
F05	11.00			Hammer	Women	Inside	10.30
F04	11.00			Pole Vault	Men		10.15
F02	11.00			Long Jump	Women		10.35
F07	11.05			Discus	Men	Outside	10.35
T07	11.40	100m N/Scoring	4 Races		Men		
T08	11.50	100m N/Scoring	4 Races		Women		
T01	12.00	400m hurdles	2 Races		Men		
T02	12.15	400m hurdles	2 Races		Women		
F14	12.30			High Jump	Women		11.50
T03	12.30	800m	2 Races		Men		
T04		800m	2 Races		Women		
F06	12.45			Long Jump	Men		12.20
F01	12.45			Hammer	Men	Inside	12.15
F11	12.50			Discus	Women	Outside	12.10
T05	12.55	100m	2 Races		Men		
T06		100m	2 Races		Women		
T09	13.25	3000m S/C	1 Race		Men		
T12	13.55	110m Hurdles	2 Races		Men		
F12	14.45			Shot	Men		14.15
T11	14.15	3000m	1 Race		Women		
F10	14.20			Triple jump	Woman		13.55
F16	14.30			Javelin	Women	Inside	14.00
T10	14.35	100m Hurdles	2 Race		Women		
T13	14.55	400m	2 Races		Men		
T14		400m	2 Races		Women		
T25		400m N/Scoring	1 Race		Men		
T26		400m N/Scoring	1 Race		Women		
F03	15.20			Pole Vault	Women		14.40
T15	15.25	1500m	1 Races		Men		
T16		1500m	1 Races		Women		
F08	15.40			High Jump	Men		15.00
T17	15.40	200m	2 Races		Men		
T18		200m	2 Races		Women		
F09	16.20			Shot	Women		15.50
T27	15.55	200m N/Scoring	1 Race		Men		
T28		200m N/Scoring	1 Race		Women		
F15	16.05			Triple Jump	Men		15.40
T19	16.15	3/5000m	1 Race		Men		
F13	16.15			Javelin	Men	Inside	15.45
T21	16.40	4 x 100m Relay	1 Race		Men		
T22		4 x 100m Relay	1 Race		Women		
T20	17.00	2000m S/C	1 Race		Women		
T23	17.25	4 x 400m Relay	1 race		Women		
T24		4 x 400m Relay	1 Race		Men		