



COMPETITION SCHEDULE JULY 15–24, 2022

FRIDAY,
JULY 15

AM SESSION (9:05AM–1:30PM)

HAMMER THROW (M) 100M (M)
HIGH JUMP (M)
4 X 400M RELAY (X)
HAMMER THROW (W)

PM SESSION (5:05PM–7:50PM)

SHOT PUT (W) 1500M (W)
3000M SC (M) 100M (M)
POLE VAULT (W) SHOT PUT (M)
LONG JUMP (M) 4 X 400M RELAY (X)

ROAD EVENTS (1:00PM–3:10PM)

20KM RACE WALK (W)
20KM RACE WALK (M)

SATURDAY,
JULY 16

AM SESSION (10:30AM–1:20PM)

3000M SC (W) HAMMER THROW (M)
TRIPLE JUMP (W) 10,000M (W)
HIGH JUMP (W) 400M H (M)
110M H (M)

PM SESSION (5:10PM–7:50PM)

100M (W) 1500M (M)
100M (M) 1500M (W)
SHOT PUT (W) 100M (M)
LONG JUMP (M)

SUNDAY,
JULY 17

AM SESSION (10:35AM–1:45PM)

100M H HEP (W) 400M (W)
400M (M) 10,000M (M)
HAMMER THROW (W) SHOT PUT HEP (W)
HIGH JUMP HEP (W)

PM SESSION (5:05PM–7:50PM)

DISCUS THROW (M) 400M H (M) 110M H (M)
110M H (M) SHOT PUT (M) 100M (W)
POLE VAULT (W) 200M HEP (W)
100M (W) 1500M (M)

ROAD EVENTS (6:15AM–9AM)

MARATHON (M)

MONDAY,
JULY 18

AM SESSION (9:35AM–12:05PM)

LONG JUMP HEP (W)
JAVELIN THROW HEP (W)

PM SESSION (5:05PM–7:50PM)

200M (M) TRIPLE JUMP (W)
DISCUS THROW (W) 800M HEP (W)
HIGH JUMP (M) 3000M SC (M)
200M (W) 1500M (W)

ROAD EVENTS (6:15AM–9:30AM)

MARATHON (W)

TUESDAY,
JULY 19

PM SESSION (5:15PM–7:50PM)

400M H (W) 200M (M)
HIGH JUMP (W) 1500M (M)
200M (W) 400M H (M)
DISCUS THROW (M)

WEDNESDAY,
JULY 20

PM SESSION (3:20PM–7:45PM)

JAVELIN THROW (W) DISCUS THROW (W)
5000M (W) 400M (W)
800M (M) 400M (M)
400M H (W) 3000M SC (W)

THURSDAY,
JULY 21

PM SESSION (5:05PM–7:50PM)

JAVELIN THROW (M) 800M (M)
800M (W) 200M (W)
5000M (M) 200M (M)
TRIPLE JUMP (M)

FRIDAY,
JULY 22

PM SESSION (5:05PM–7:50PM)

POLE VAULT (M) 800M (W)
4 X 100M RELAY (W) 400M (W)
4 X 100M RELAY (M) 400M (M)
JAVELIN THROW (W) 400M H (W)

ROAD EVENTS (6:15AM–9:30AM)

35KM RACE WALK (W)

SATURDAY,
JULY 23

AM SESSION (9:50AM–12:10PM)

100M DEC (M) SHOT PUT DEC (M)
LONG JUMP DEC (M)
100M H (W)
LONG JUMP (W)

PM SESSION (4:10PM–7:50PM)

HIGH JUMP DEC (M) 800M (M) 4 X 100M RELAY (W)
4 X 400M RELAY (W) 5000M (W) 4 X 100M RELAY (M)
4 X 400M RELAY (M) JAVELIN THROW (M)
TRIPLE JUMP (M) 400M DEC (M)

SUNDAY,
JULY 24

AM SESSION (9:35AM–1:15PM)

110M H DEC (M)
DISCUS THROW DEC (M)
POLE VAULT DEC (M)

PM SESSION (5:05PM–7:50PM)

JAVELIN THROW DEC (M) 5000M (M) 4 X 400M RELAY (M)
100M H (W) 800M (W) 4 X 400M RELAY (W)
POLE VAULT (M) 100M H (W)
LONG JUMP (W) 1500M DEC (M)

ROAD EVENTS (6:15AM–9:15AM)

35KM RACE WALK (M)

KEY

FINALS
(W) WOMEN'S
(M) MEN'S
(X) MIXED