



Saturday 28th May 2022

Track				Field		
10:30	80mH	Mas Women		10:30	Long Jump	Junior + Senior Women
	100mH	U18, JSM Women		11:45	Long Jump	Master Women
	100mH	Mas Men		13:00	Long Jump	Junior + Senior Men
	110mH	U18, JSM Men		14:20	Long Jump	Master Men
11:00	1500m	Women		11:00	Pole Vault	All Ages
11:20	1500m	Men				
				10:30	Shot Put	Junior + Senior Men
12:00	3000m SC	Women		11:20	Shot Put	Master Men
	2000m SC	U18 Women		12:15	Shot Put	Junior + Senior Women
				13:00	Seated	Men
13:00	100m	Women		13:30	Shot Put	Master Women
13:25	100m	Men		14:30	Weight	Men
				15:15	Weight	Women
14:00	2000m SC	U18 Men				
14:20	3000m SC	Men		12:00	Javelin	Men
				14:15	Javelin	Women
14:40	100m	Finals (J, Sen)				
15:00	400m	Women				
15:30	400m	Men				
16:00	Relays	4x100m				

Sunday 29th May 2022

10:30	300mH	Mas Women		11:00	High Jump	Women
	400mH	U18, JSM Women		12:30	High Jump	Men
	400mH	U18, JSM Men				
11:00	800m	Women		12:30	Triple Jump	Women
11:15	800m	Men		13:30	Triple Jump	Men
11:50	10k, 5k, 3k Walks	Men + Women				
				10:00	Hammer	Junior + Senior Men
13:00	200m	Women		10:45	Hammer	Junior + Senior Women
13:25	200m	Men		11:35	Hammer	Master Men
				12:10	Hammer	Master Women
14:00	3000m	Women		13:00	Discus	Junior + Senior Men
14:30	3000m	Junior Men + Mas O65+		13:40	Discus	Junior + Senior Women
				14:40	Discus	Master Men
14:50	5000m	Senior Men + Mas Men		15:20	Discus	Master Women
15:30	Relays	4x400m				

NB - Schedule can run upto 1 hour ahead.

Listen to PA for Announcements of Changes in the Timetable

Check-In for Events Closes at 14:00