



Timetable 2022

National One

Event	Time	Event				
		Track		Field		Warm Up Time
F05	11.00			Hammer	Women	10.40
F02	11.30			Long Jump	Women	
T07	11.40	100m N/Scoring	3 Races		Men	
T08		100m N/Scoring	3 Races		Women	
F04	11.45			Pole Vault	Men	
F14	12.00			High Jump	Women	
T01	12.00	400m hurdles	2 Races		Men	
T02		400m hurdles	2 Races		Women	
F01	12.15			Hammer	Men	11.55
T03	12.30	800m	2 Races		Men	
T04		800m	2 Races		Women	
T05	12.55	100m	2 Races		Men	
T06		100m	2 Races		Women	
F06	13.00			Long Jump	Men	
T09	13.25	3000m S/C	1 Race		Men	
F11	13.30			Discus	Women	13.10
T12	13.55	110m Hurdles	2 Races		Men	
T11	14.15	3000m	1 Race		Women	
F10	14.30			Triple Jump	Women	
F09	14.30			Shot	Women	14.10
T10	14.35	100m Hurdles	1 Race		Women	
F07	14.35			Discus	Men	14.15
T13	14.55	400m	2 Races		Men	
T14		400m	2 Races		Women	
T25		400m N/Scoring	1 Races		Men	
T26		400m N/Scoring	1 Races		Women	
F03	15.00			Pole Vault	Women	
F08	15.05			High Jump	Men	
F12	15.10			Shot	Men	14.50
T15	15.25	1500m	2 Races		Men	
T16		1500m	2 Races		Women	
F16	15.40			Javelin	Women	14.10
T17	15.40	200m	2 Races		Men	
T18		200m	2 Races		Women	
T27		200m N/Scoring	1 Race		Men	
T28		200m N/Scoring	1 Race		Women	
F15	16.00			Triple jump	Men	
T19	16.15	3/5000m	1 Race		Men	
T21	16.40	4 x 100m Relay	1 Race		Men	
T22		4 x 100m Relay	1 Race		Women	
F11	16.45			Javelin	Women	16.25
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	