

Schedule of Track & Field – Laan van Poot The Hague 2022 World Police & Fire Games

Day 1 Saturday July 23

Decathlon 1 st Day	
Heptathlon 1 st Day	
5.000m Walk	All Men & Women Divisions
800m	All Men & Women Divisions
Discus Throw	All Men & Women Divisions

Day 2 Sunday July 24

Decathlon 2 nd Day	
Heptathlon 2 nd Day	
100m Heats	All Men & Women Divisions
400m Heats	All Men & Women Divisions
10.000m	All Men & Women Divisions
Long Jump	All Men & Women Divisions

Day 3 Monday July 25

100m Finals	All Men & Women Divisions
400m Finals	All Men & Women Divisions
High Jump	All Men & Women Divisions
Shot Put	All Men & Women Divisions
Javelin Throw	All Men & Women Divisions

Day 4 Tuesday July 26

200m Heats	All Men & Women Divisions
5.000m	All Men & Women Divisions
80m Hurdles Heats	Men 70+ & Women 40+
100m Hurdles Heats	Men 50-69 & Women 18-39
110m Hurdles Heats	Men 18-49
200m Hurdles Finals	Men 80+ & Women 70+
300m Hurdles Finals	Men 60-79 & Women 50-69
400m Hurdles Finals	Men 18-59 & Women 18-49
Triple Jump	All Men & Women Divisions

Day 5 Wednesday July 27

200m Finals	All Men & Women Divisions
2.000m Steeple Chase	Men 60+ & Women 35+
3.000m Steeple Chase	Men 18-59 & Women 18-34
80m Hurdles Finals	Men 70+ & Women 40+
100m Hurdles Finals	Men 50-69 & Women 18-39
110m Hurdles Finals	Men 18-49
4x400m Relays	All Men & Women Divisions

Day 6 Thursday July 28

Pole Vault	All Men & Women Divisions
1.500m	All Men & Women Divisions
Hammer Throw	All Men & Women Divisions
4x100m Relays	All Men & Women Divisions