



TRACK & FIELD



Timetable

Version: final - 19 July 2022

DAY 1 - Saturday July 23 2022 8:05
11:00 Discus Throw men 18-44 Final
12:00 100m men decathlon Heats
12:30 80m Hurdles women heptathlon 45-59 Final
12:40 100m Hurdles women heptathlon 35-39 Final
12:50 Victory Ceremony Discus Throw - men 18-44
13:00 Long Jump pit 2 men decathlon 50-74 Group B
13:05 Discus Throw men 45-59 Final
13:10 Long Jump pit 1 men decathlon 18-49 Group A
13:30 High Jump women heptathlon Final
14:10 800m women 18-44 Final
14:17 800m women 45-54 Final
14:24 800m women 55-74 Final
14:30 Shot Put pit 2 men decathlon 50-74 Group B
14:35 Shot Put pit 1 men decathlon 18-49 Group A
14:50 800m men 18-39 Final
14:57 800m men 40-44 Final
15:04 800m men 45-49 Final
15:10 Shot Put women heptathlon Final
15:11 800m men 50-64 Final
15:18 800m men 65-80+ Final
15:20 Discus Throw women Final
16:00 High Jump pit 2 men decathlon 50-74 Group B
16:05 High Jump pit 1 men decathlon 18-49 Group A
16:10 Victory Ceremony 800m - women
16:15 Victory Ceremony 800m - men
16:20 Victory Ceremony Discus Throw - men 45-59
16:40 200m women heptathlon Final
17:00 5,000m Race Walk women Final
17:25 Discus Throw men 60-80+ Final
17:50 400m men decathlon Final
18:10 5,000m Race Walk men Final
19:00 Victory Ceremony Discus Throw - women
19:05 Victory Ceremony Discus Throw - men 60-80+
19:10 Victory Ceremony 5,000m Race Walk - men
19:15 Victory Ceremony 5,000m Race Walk - women

DAY 2 - Sunday July 24 2022 9:20
12:00 110m Hurdles men decathlon 18-34 Final
12:10 110m Hurdles men decathlon 35-49 Final
12:20 100m Hurdles men decathlon 50-59 Final
12:30 100m Hurdles men decathlon 60-69 Final
12:40 80m Hurdles men decathlon 70-74 Final
13:10 Long Jump pit 1 men 18-34 Final
13:15 Long Jump pit 2 men 35-49 Final
13:20 Discus Throw men decathlon Group A+B
15:00 100m men 40-44 Round 1
15:10 100m men 45-49 Round 1
15:20 100m women 40-44 Round 1
15:30 Long Jump pit 1 women heptathlon Final
15:30 Victory Ceremony Long Jump - men 18-49
15:35 Pole Vault men decathlon Group A+B
16:00 400m men 40-44 Round 1
16:10 400m men 45-49 Round 1
16:20 Long Jump pit 1 women 18-44 Final
16:20 Long Jump pit 2 women 45-69 Final
16:50 Javelin Throw women heptathlon Final
17:40 Javelin Throw men decathlon Group A
17:50 800m women heptathlon final
18:00 10,000m women final
19:00 Victory Ceremony Long Jump - women
19:05 10,000m men 18-44 Final
19:05 Victory Ceremony Heptathlon - women
19:10 Javelin Throw men decathlon Group B
19:10 Victory Ceremony 10,000m - women
19:15 Long Jump pit 1 men 50-54 Final
19:20 Long Jump pit 2 men 55-79 Final
20:00 1,500m men decathlon Final
20:20 10,000m men 45-79 Final
21:00 Victory Ceremony Long Jump - men 50-79
21:05 Victory Ceremony 10,000m - men 18-44
21:10 Victory Ceremony 10,000m - men 45-79
21:20 Victory Ceremony Decathlon - men

DAY 3 - Monday July 25 2022 7:30
11:00 Javelin Throw men 30-44 Final
11:10 High Jump men 55-74 Final
12:05 Shot Put pit 1 men 18-44 Final
12:10 Shot Put pit 2 women 50-64 Final
12:45 Javelin Throw men 45-59 Final
13:15 Victory Ceremony Javelin Throw - men 30-44
13:20 High Jump men 18-44 Final
13:20 Victory Ceremony High Jump - men 55-74
13:25 Victory Ceremony Shot Put - women 50-64
13:35 100m women 18-34 Final
13:40 100m women 35-39 Final
13:45 100m women 40-44 Final
13:50 100m women 45-49 Final
13:55 100m women 50-54 Final
14:00 100m women 55-59 Final
14:05 100m women 60-74 Final
14:10 Shot Put pit 1 women 18-49 Final
14:35 Victory Ceremony Shot Put - men 18-44
14:40 Victory Ceremony Javelin Throw - men 45-59
14:45 Victory Ceremony 100m - women
14:50 Victory Ceremony High Jump - men 18-44
14:58 Javelin Throw men 60-79 Final
15:00 100m men 18-29 Final
15:05 100m men 30-34 Final
15:10 100m men 35-39 Final
15:15 100m men 40-44 Final
15:20 100m men 45-49 Final
15:25 100m men 50-54 Final
15:28 High Jump women Final
15:30 100m men 55-59 Final
15:35 100m men 60-64 Final
15:40 100m men 65-69 Final
15:43 Shot Put pit 1 men 45-54 Final
15:45 100m men 70-74 Final
15:48 Shot Put pit 2 men 55-59 Final
15:50 100m men 75-79 Final
15:55 100m men 80+ Final
16:30 Victory Ceremony High Jump - women
16:35 Victory Ceremony 100m - men
16:40 Victory Ceremony Shot Put - women 18-49
16:45 Victory Ceremony Javelin Throw - men 60-79
16:50 Victory Ceremony Shot Put - men 55-59
16:58 High Jump men 45-54 Final
17:00 400m women 18-34 Final
17:05 400m women 35-39 Final
17:08 Javelin Throw women Final
17:10 400m women 40-44 Final
17:15 400m women 45-49 Final
17:20 400m women 50-54 Final
17:25 400m women 55-74 Final
17:28 Shot Put pit 1 men 60-80+ Final
17:50 400m men 18-34 Final
17:55 400m men 35-39 Final
18:00 400m men 40-44 Final
18:05 400m men 45-49 Final
18:10 400m men 50-54 Final
18:15 400m men 55-59 Final
18:20 400m men 60-64 Final
18:25 400m men 65-69 Final
18:30 400m men 70-80+ Final
18:40 Victory Ceremony Shot Put - men 45-54
18:45 Victory Ceremony 400m - women
18:50 Victory Ceremony High Jump - men 45-54
18:55 Victory Ceremony Javelin Throw - women
19:00 Victory Ceremony 400m - men
19:05 Victory Ceremony Shot Put - men 60-80+

DAY 4 - Tuesday July 26 2022 4:56
16:00 Triple Jump pit 1 women Final
16:10 200m men 35-39 Round 1
16:20 200m men 40-44 Round 1
16:30 200m men 45-49 Round 1
17:10 300m Hurdles women 50-59 Final
17:15 300m Hurdles men 60-69 Final
17:25 400m Hurdles women 18-49 Final
17:35 400m Hurdles men 50-59 Final
17:40 Triple Jump pit 1 men 18-39 Final
17:45 400m Hurdles men 45-49 Final
17:48 Triple Jump pit 2 men 40-49 Final
17:50 400m Hurdles men 40-44 Final
17:55 400m Hurdles men 18-39 Final
18:10 Victory Ceremony Triple Jump - women
18:15 Victory Ceremony 300m Hurdles - women
18:20 Victory Ceremony 300m Hurdles - men
18:20 5,000m women Final
18:25 Victory Ceremony 400m Hurdles - women
18:30 Victory Ceremony 400m Hurdles - men
19:00 5,000m men 18-39 Final
19:35 Triple Jump pit 1 men 50-59 Final
19:40 5,000m men 40-54 Final
19:45 Victory Ceremony Triple Jump - men 18-49
19:45 Triple Jump pit 2 men 60-74 Final
19:50 Victory Ceremony 5,000m - women
20:15 5,000m men 55-80+ Final
20:50 Victory Ceremony Triple Jump - men 50-74
20:55 Victory Ceremony 5,000m - men

DAY 5 - Wednesday July 27 2022 5:20
13:00 80m Hurdles women 40-49 Final
13:10 80m Hurdles women 50-59 Final
13:20 100m Hurdles women 18-39 Final
13:30 100m Hurdles men 50-59 Final
13:35 100m Hurdles men 60-69 Final
13:45 110m Hurdles men 18-29 + 45-49 Final
13:50 110m Hurdles men 40-44 Final
14:00 2,000m SC men Final
14:20 2,000m SC / 3,000m women Final
14:30 Victory Ceremony 80m Hurdles - women
14:35 Victory Ceremony 100m Hurdles - women
14:40 Victory Ceremony 100m Hurdles - men
14:44 Victory Ceremony 110m Hurdles - men
14:45 200m women 18-29 Final
14:50 200m women 30-34 Final
14:55 200m women 35-39 Final
15:00 200m women 40-44 Final
15:05 200m women 45-49 Final
15:10 200m women 50-54 Final
15:15 200m women 55-59 Final
15:20 200m women 65-74 Final
15:25 Victory Ceremony 2,000m SC - men
15:30 Victory Ceremony 2,000m SC - women
15:30 Victory Ceremony 3,000m SC - women
15:35 Victory Ceremony 200m - women
15:40 200m men 18-29 Final
15:45 200m men 30-34 Final
15:50 200m men 35-39 Final
15:55 200m men 40-44 Final
16:00 200m men 45-49 Final
16:05 200m men 50-54 Final
16:10 200m men 55-59 Final
16:15 200m men 60-64 Final
16:20 200m men 65-69 Final
16:25 200m men 70-74 Final
16:30 200m men 75-80+ Final
16:45 3,000m SC men 18-44 Final
17:10 3,000m SC men 45-59 Final
17:40 4 x 400m women Final
17:50 4 x 400m men Final
18:00 Victory Ceremony 200m - men
18:05 Victory Ceremony 3,000m SC - men
18:15 Victory Ceremony 4 x 400m - women
18:20 Victory Ceremony 4 x 400m - men

DAY 6 Thursday July 28 2022 5:30
11:00 Hammer Throw men 18-54 Final
11:30 Pole Vault women Final
12:35 1,500m women Final
13:00 Pole Vault men Final
13:00 Victory Ceremony Hammer Throw - men 18-54
13:05 Victory Ceremony Pole Vault - women
13:10 Victory Ceremony 1,500m - women
13:20 Hammer Throw men 55-80+ Final
14:40 1,500m men 18-39 Final
14:50 1,500m men 40-49 Final
15:00 1,500m men 50-74 Final
15:10 Hammer Throw women Final
15:50 4 x 100m women Final
16:00 4 x 100m men Final
16:05 Victory Ceremony 1,500m - men
16:10 Victory Ceremony Hammer Throw - men 55-80+
16:15 Victory Ceremony Hammer Throw - women
16:20 Victory Ceremony Pole Vault - men
16:25 Victory Ceremony 4 x 100m - women
16:30 Victory Ceremony 4 x 100m - men