

Saturday 23rd July 2022			
Time	Category	Track	Event
10:00	Youth Men	100m	Dec
	Junior Men	100m	Dec
	Senior Men	100m	Dec
	Master Women	100m	Quad (O60+)
	Master Men	100m	Quad (O60+)
10:20	Master Women	80mH	Pent (O40+) (.762m)
	Youth Women	100mH	Hept (.762m)
	Junior Women	100mH	Hept (.838m)
	Senior Women	100mH	Hept (.838m)
	Master Women	100mH	Pent (O35-39) (.838m)
10:35	Women	100mH	AAI_S1 (.838m)
	Master Men	100mH	Pent (O50-59) (.914m)
	Master Men	110mH	Pent (O35-49) (.991m)
10:55	Men	110mH	AAI_S1 (1.067m)
11:10	Women	800m	AAI
11:20	Men	800m	AAI
12:20	Men	110mH	AAI_S2
12:30	Women	100mH	AAI_S2
13:00	Women	2000mSC	AAI
	Men	2000mSC	AAI
13:40	Women / Men	Walks	AAI
14:15	Women	200m	AAI
14:25	Men	200m	AAI
14:50	Women	200m	Hept
15:10	Men	400m	Dec
15:30	Mas Women	800m	Pent / Quad
16:00	Mas Men	1500m	Pent / Quad
16:20	Women	10,000m	AAI + NC
17:00	Men	10,000m	AAI + NC

Field			
Time	Category	Event	Event
10:15	YJS Men	Long Jump	Dec
11:00	Mas Men	Long Jump	Pent + Quad
12:00	Women	Long Jump	AAI
13:30	Men	Long Jump	AAI
14:40	Mas Women	Long Jump	Pent + Quad
15:30	Women	Triple Jump	AAI
15:30	Men	Triple Jump	AAI
10:50	YJS Women	High Jump	Hept
12:10	Mas Women	High Jump	Pent
13:30	YJS Men	High Jump	Dec
14:30	Mas Men	High Jump	Pent
15:50	Women	High Jump	AAI
15:50	Men	High Jump	AAI
10:10	Women	Hammer	AAI
10:10	Men	Hammer	AAI
11:15	Mas Women	Shot	Pent + Quad
12:00	YJS Men	Shot	Dec
12:40	Mas Men	Shot	Pent + Quad
13:50	YJS Women	Shot	Hept
14:40	Women	Shot Put	AAI
14:40	Men	Shot Put	AAI
15:50	Women	Weight D	AAI
15:50	Men	Weight D	AAI

Sunday 24th July			
Time	Category	Track	Event
10:00	U14 Girls	75mH	Juv CE (.686m)
	U14 Boys	75mH	Juv CE (.762m)
	U15 Girls	80mH	Juv CE (.762m)
	U16 Girls	80mH	Juv CE (.762m)
	U15 Boys	80mH	Juv CE (.838m)
	U16 Boys	100mH	Juv CE (.838m)
11:00	Youth Men	110mH	Dec (.914m)
	Junior Men	110mH	Dec (.991m)
	Senior Men	110mH	Dec (1.067m)
11:15	Women	100m	AAI_S1
	Men	100m	AAI_S1
12:00	Women	1500m	AAI
12:10	Men	1500m	AAI
12:30	Women	100m	AAI_S2
12:40	Men	100m	AAI_S2
13:10	Women	400mH	AAI
13:20	Men	400mH	AAI
13:50	Women	3000m	AAI
13:50	Junior Women	5000m	Jun NC
14:10	Men	3000m	AAI
14:10	Junior Men	5000m	Jun NC
14:30	YJS Women	800m	Hept
14:40	Juv CE	800m	Juv CE
15:20	Men	400m	AAI
15:45	Women	400m	AAI
16:30	YJS Men	1500m	Dec
16:45	Men	4x400m	AAI

10:30	U14 Girls	Long Jump	Juv CE
	U15 Girls	Long Jump	Juv CE
	U16 Girls	Long Jump	Juv CE
10:00	YJS Women	Long Jump	Hept
	U16 Boys	Long Jump	Juv CE
	U14 Boys	Long Jump	Juv CE
	U15 Boys	Long Jump	Juv CE
10:00	U15 Boys	Shot Put	Juv CE
	U15 Girls	Shot Put	Juv CE
	U16 Boys	Shot Put	Juv CE
	U14 Boys	Shot Put	Juv CE
	U16 Girls	Shot Put	Juv CE
	U14 Girls	Shot Put	Juv CE
10:30	U14 Boys	High Jump	Juv CE
	U16 Girls	High Jump	Juv CE
	U14 Girls	High Jump	Juv CE
	U16 Boys	High Jump	Juv CE
	U15 Girls	High Jump	Juv CE
	U15 Boys	High Jump	Juv CE
10:15	Men	Discus	AAI
10:15	Women	Discus	AAI
11:15	YJS Men	Discus	Dec
12:30	YJS Men	Pole Vault	Dec
14:00	Women	Pole Vault	AAI
14:00	Men	Pole Vault	AAI
12:00	YJS Women	Javelin	Hept
13:00	Women	Javelin	AAI
13:00	Men	Javelin	AAI
14:30	YJS Men	Javelin	Dec