

## National Junior & U23s Indoors Timetable 13th March 2022

Draft Timetable

Track					Field	
10:00 60m Sprint	W	Heats				
60m Sprint	M	Heats				
11:00 1500m	W	Final			11:00 Long Jump	Women
1500m	M	Final			11:00 High Jump	Men
11:40 400m	W	Heats			11:15 Pole Vault	Women
400m	M	Heats				
13:05 60m Sprint	W	Final			11:30 Shotput (6kg/7.26kg)	Men
60m Sprint	M	Final				
Break					12:00 Shotput (4kg)	Women
13:50 800m	W	Heats			13:30 Long Jump	Men
800m	M	Heats			13:30 High Jump	Women
14:30 200m	W	Heats			14:00 Shotput	Women
200m	M	Heats			14:00 Pole Vault	Men
15:50 3000mW	W	Final			15:00 Triple Jump	Women
16:10 60m Hurdles	W	Heats			15:00 Weight (35lb)	Men
60m Hurdles	M	Heats				
16:40 3000mW	M	Final			16:00 Triple Jump	Men
17:00 200m	W	Final			16:00 Weight (28lb)	Women
200m	M	Final				
17:20 400m	W	Final				
400m	M	Final				
17:40 800m	W	Final				
800m	M	Final				
18:00 60m Hurdles	W	Final				
60m Hurdles	M	Final				
18:20 4x200m	W	Final				
4x200m	M	Final				