

Saturday 23rd July 2022		Track		
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)
10:40	Women	100mH	AAI_S1	(.838m)
	Master Men	100mH	Pent (O50-59)	(.914m)
	Master Men	110mH	Pent (O35-49)	(.991m)
	Men	110mH	AAI_S1	(1.067m)
11:00	Women	800m	AAI	
	Men	800m	AAI	
12:20	Men	110mH	AAI_S2	
	Women	100mH	AAI_S2	
13:00	Women	2000mSC	AAI	
	Men	2000mSC	AAI	
14:00	Women / Men	Walks	AAI	
15:00	Women	200m	AAI	
	Men	200m	AAI	
	Women	200m	Hept	
16:30	Mas Women	800m	Pent / Quad	
16:45	Men	400m	Dec	
17:00	Mas Men	1500m	Pent / Quad	
17:30	Mix Relay	4x400m	AAI	TBC
18:00	Women	10,000m	AAI + NC	
	Men	10,000m	AAI + NC	

		Field		
10:00	Women	Hammer	AAI	
11:00	Men	Hammer	AAI	
10:15	YJS Men	Long Jump	Dec	
11:15	Mas Men	Long Jump	Pent + Quad	
14:30	Mas Women	Long Jump	Pent + Quad	
11:00	YJS Women	High Jump	Hept	
12:00	Mas Women	High Jump	Pent	
13:30	YJS Men	High Jump	Dec	
14:30	Mas Men	High Jump	Pent	
11:00	Mas Women	Shot	Pent + Quad	
12:00	YJS Men	Shot	Dec	
12:40	Mas Men	Shot	Pent + Quad	
13:20	YJS Women	Shot	Hept	
12:00	Women	Long Jump	AAI	
13:00	Men	Long Jump	AAI	
14:30	Women	Shot Put	AAI	
15:30	Men	Shot Put	AAI	
16:00	Women	High Jump	AAI	
17:00	Men	High Jump	AAI	
17:00	Women	Triple Jump	AAI	
18:00	Men	Triple Jump	AAI	
12:00	Women	Weight	AAI	
13:00	Men	Weight	AAI	

Sunday 24th July				
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)
10:40	Youth Men	110mH	Dec	(.914m)
	Junior Men	110mH	Dec	(.991m)
	Senior Men	110mH	Dec	(1.067m)
11:00	Women	100m	AAI_S1	
	Men	100m	AAI_S1	
11:50	Women	1500m	AAI	
	Men	1500m	AAI	
12:30	Women	100m	AAI_S2	
	Men	100m	AAI_S2	
13:10	Women	400mH	AAI	
	Men	400mH	AAI	
14:00	Women	3000m	AAI	
	Men	3000m	AAI	
15:00	YJS Women	800m	Hept	
	Juv CE	800m	Juv CE	
16:30	Women	400m	AAI	
	Men	400m	AAI	
17:30	YJS Men	1500m	Dec	

1a	YJS Women	Long Jump	Hept	
2a	U14 Girls	Long Jump	Juv CE	
1b	U14 Boys	Long Jump	Juv CE	
3a	U15 Girls	Long Jump	Juv CE	
2b	U15 Boys	Long Jump	Juv CE	
4a	U16 Girls	Long Jump	Juv CE	
3b	U16 Boys	Long Jump	Juv CE	
6	U14 Girls	Shot Put	Juv CE	
5	U14 Boys	Shot Put	Juv CE	
2	U15 Girls	Shot Put	Juv CE	
1	U15 Boys	Shot Put	Juv CE	
4	U16 Girls	Shot Put	Juv CE	
3	U16 Boys	Shot Put	Juv CE	
3	U14 Girls	High Jump	Juv CE	
4	U14 Boys	High Jump	Juv CE	
5	U15 Girls	High Jump	Juv CE	
6	U15 Boys	High Jump	Juv CE	
1	U16 Girls	High Jump	Juv CE	
2	U16 Boys	High Jump	Juv CE	
10:00	Men	Discus	AAI	
11:00	YJS Men	Discus	Dec	
12:00	Women	Discus	AAI	
11:00	Men	Pole Vault	AAI	
12:30	YJS Men	Pole Vault	Dec	
14:30	Women	Pole Vault	AAI	
12:00	YJS Women	Javelin	Hept	
13:00	Women	Javelin	AAI	
14:00	Men	Javelin	AAI	
15:30	YJS Men	Javelin	Dec	