

Track Field Championships 2022

Programme of Events

Please be aware of and listen to announcements of changes

			9.30	Hammer	Girls Warm-up
			10.00	Hammer	JG / IG / SG
11.30	300m Hurdles	Inter Girls	11.30	Hammer	JB / IB / SB
	400m Hurdles	Finals SG/IB/SB		High Jump 1	Inter Girls
11.50	1500m Steeplechase	Senior Girls		High Jump 2	Senior Girls
		Inter Girls		Long Jump	Junior Girls
12.00	100 metres	Heats - All groups		Shot	IG / SG
12.25	1500m Steeplechase	Inter Boys	12.15	Javelin	Junior Girls
	1500 metres	Junior Boys	12.30	High Jump	Junior Boys
	2000m Steeplechase	Senior Boys		Long Jump	Inter Boys
				Triple Jump	JB / SB
12.45	1500 metres	Finals IB/SB			
13.05	300 metres	Heats (Finals) JG/IG/JB	13.00	Discus	JB / IB
13.20	400 metres	Finals SG/IB/SB			
13.30	3000 metres	Finals IG/SG	13.30	Long Jump	Junior Boys
13.45	100 metres	Finals - All groups		High Jump	Inter Boys
	Lunch Break			Shot	JG / JB
				Pole Vault	Warm-up
14.35	200 metres	Heats - All Groups	14.30	Pole Vault	All age groups
				High Jump	Junior Girls
15.00	1500 metres	Finals JG/IG/SG		Long Jump	Inter Girls
15.20	Sprint Hurdles	Heats (Finals)		Javelin	IG / SG
		All groups		Discus	Senior Boys
			15.30	Long Jump	Senior Girls
				High Jump	Senior Boys
16.00	800 metres	Finals - All groups		Triple Jump	Inter Boys
				Shot	IB / SB
				Javelin	Junior Boys
16.25	200 metres	Finals - All groups	16.30	Long Jump	Senior Boys
16.45	3000 metres	Finals IB/SB		Triple Jump	IG / SG
17.00	Sprint Hurdles	Finals - All groups		Discus	JG / IG / SG
17.15	300 metres (if needed)	Final JG/IG/JB	17.15	Javelin	IB / SB
17.35	Relays	All Groups			