

Competition Schedule

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



THU 30 JUN 2022

Time	Event	Remark
17:40	400m Hurdles Women	national
17:47	Shot Put Women	
17:50	400m Hurdles Men	national
18:05	800m Women	national
18:15	800m Men	national
18:34	100m Hurdles Women	national
18:40	Long Jump Men	
18:47	4x100m Relay Men	
19:03	1500m Women	
19:16	4x100m Relay Women	
19:22	Javelin Throw Men	
19:26	High Jump Women	
19:29	Pole Vault Men	
19:31	1500m Men	
19:48	400m Women	
20:04	400m Hurdles Women	
20:15	100m Men	
20:25	Long Jump Women	
20:29	800m Women	
20:39	3000m Men	
20:53	Discus Throw Men	
20:57	100m Hurdles Women	
21:07	3000m Steeplechase Women	
21:28	400m Hurdles Men	
21:40	200m Women	
21:51	800m Men	