

WSAA TRACK & FIELD CHAMPIONSHIP 2022:

INTERMEDIATE & SENIOR TRACK PLUS SOME YEAR 7 EVENTS, TIMETABLE To be read in conjunction with the Junior Track TT and the complete Field TT **NB see Junior Track Timetable for steeplechase @13.30 & 3.000m @ 16.21**

WSAA **strongly recommend** that Inter & Sen athletes do not compete in 200m then hurdles or in both the 800m and 1500m.

NB: Y7 can only enter one track event and one field.

Time	Event	Event	Heat / Final	NS	ES	CS/DS:Y7
09.45	T1	IG 300 Hurdles @ 76.2cm	F	45.00	46.40	50.00
	T2	SG 400 Hurdles @76.2cm	F	64.00	65.50	69.50
	T3	IB 400 Hurdles @84cm	F	56.50	58.70	60.50
	T4	SB 400 Hurdles @91.4cm	F	55.00	57.50	59.50
09.55	T5	IG 100m	H to Final T18	12.20	12.50	13.00
10.00	T6	SG 100m	F	12.10	12.40	13.00
10.03	T7	IB 100m	H to Final T17	11.00	11.20	11.70
10.07	T8	SB 100m	F	10.80	11.00	11.50
10.10	T9	Y7B 100m	H to Final T19			13.80
10.15	T10	Y7G 100m	H to Final T20			14.30
10.22	T11	Y7B 800m	F			2:34.00
10.26	T12	Y7G 800m	F			2:48.00
10.32	T13	IB 400m	H to Final T43	49.70	51.10	53.40
	T14	SG 400m	F	57.00	58.30	61.00
	T15	SB 400m	F	48.80	49.70	52.50
10.42	T16	IG 300m	H to Final T44	40.20	41.20	44.8
10.48	T17	IB 100m	F from T7	11.00	11.20	11.70
10.51	T18	IG 100m	F from T5	12.20	12.50	13.00
10.54	T19	Y7B 100m	F from T9			13.80
10.57	T20	Y7G 100m	F from T10			14.30
11.03	T21 & T22	IG & SG 1500m ONE RACE	F	IG: 4:39.00 SG: 4:36.00	4:45.00 4:42.00	5:04.00 5:00.00
11.13	T23	SB 110m Hurdles @99CM	F	14.60	15.30	16.20
11.21	T24	IB 100m Hurdles @ 91.4CM	H to Final T40	13.50	14.00	15.00
11.26	T25	SG 100m Hurdles @ 84cm	F	14.60	15.30	16.50
11.32	T26	IG 80m Hurdles @ 76.2cm	H to Final T39	11.60	12.00	13.00
11.38	T27 & T28	IB & SB 1500m ONE RACE	F	IB: 4:03.00 SB: 3:55.00	4:06.00 3:58.00	4:20.00 4:15.00
11.46	T29	Y7B 150m	H to Final T47			N/A
11.52	T30	Y7G 150m	H to Final T48			N/A
11.58	T31	IB 200m	H to Final T45	22.20	22.70	24.00
12.04	T32	IG 200m	H to Final T46	25.10	25.80	27.00
12.10	T33	SB 200m	F	21.90	22.20	23.20
12.13	T34	SG 200m	F	25.10	25.70	26.50
12.18	T35& T36	IB & SB 800m ONE RACE	F	IB: 1:55.00 SB: 1:52.00	1:57.00 1:54.00	2:05.00 2:02.00
12.25	T37	Y7G 70m Hurdles@ 68cm	H to Final T53			13.50
12.31	T38	Y7B 70m Hurdles @ 68cm	H to Final T54			13.00
12.44	T39	IG 80m Hurdles @ 76.2cm	F from T26	11.60	12.00	13.00
12.51	T40	IB 100m Hurdles @ 91.4cm	F from T24	13.50	14.00	15.00
12.56	T41 & T42	IG & SG 800m ONE RACE	F	IG: 2:13.00 SG: 2:12.00	2:16.00 2: 16.00	2:25.0 2: 25.00
13.01	T43	IB 400m	F from T13	49.70	51.10	53.40
13.06	T44	IG 300m	F from T16	40.20	41.20	44.80
13.11	T45	IB 200m	F from T31	22.20	22.70	24.00
13.14	T46	IG 200m	F from T32	25.10	25.80	27.00
13.17	T47	Y7B 150m	F from T29			N/A
13.20	T48	Y7G 150m	F from T30			N/A

WSAA TRACK & FIELD CHAMPIONSHIP 2022

JUNIOR TRACK TIMETABLE plus some Y7 events

and the Senior & Inter steeplechase & 3.000m

To be read in conjunction with the Senior & Inter Track TT and the complete Field TT.

NB: Y7 can only enter one track event and one field event.

Note: This timetable does not allow athletes to compete in 200m and hurdles or 1500m and hurdles (WSAA rule) or 800m and 1500m (UKA rule)

Time	Event Number	Event	NS	ES	CS / DS: Y7
13.30	T49 & 50	IG & SG 1500m S/C Final ONE RACE @ 76.2cm	IG: 5:13.00 SG: 5:10.00	5:23.00 5:17.00	5:50.00 5:45.00
	T51 T52	IB 1500m S/C Final @ 91.4cm SB 2000m S/C Final @ 91.4 cm	IB: 4:32.00 SB: 6:08.00	4:40.00 6:18.00	4:58.00 6:30.00
13.45	T53	Y7G 70m Hurdles @ 68cm Final from Heats T37			13.50
13.49	T54	Y7B 70m Hurdles @ 68cm Heats Final from T38			13.00
13.56	T55	JG 75 m Hurdles@76.2cm Heats to Final T66	11.40	11.70	12.80
14.03	T56	JB 80m Hurdles @84cm Heats to Final T65	11.60	12.00	12.90
14.10	T57	JG 200m Heats to Final T63	25.50	26.20	27.60
14.16	T58	JB 200m Heats to Final T64	23.20	23.80	25.30
14.25	T59	JG 800m Final	2:15.00	2:18.00	2:29.00
14.30	T60	JG 1500m Final	4:40.00	4:48.00	5:10.00
14.40	T61	JB 300m Heats to Final T73	36.80	38.00	40.00
14.46	T62	JG 300m Heats to Final T74	41.00	42.00	44.20
14.54	T63	JG 200m Final from heats T57	25.50	26.20	27.60
14.57	T64	JB 200m Final from heats T58	23.20	23.80	25.30
15.07	T65	JB 80m Hurdles @84cm Final from heats T56	11.60	12.00	12.90
15.14	T66	JG 75m Hurdles @ 76cm Final from heats T55	11.40	11.70	12.80
15.20	T67	JB 800m Final	2:02.00	2:05.00	2:13.00
15.25	T68	Y7G 1,200m Final			N/A
15.32	T69	JB 100 m Heats to Final T75	11.40	11.60	12.30
15.35	T70	JG 100m Heats to Final T76	12.40	12.70	13.30
15.51	T71	JB 1500m Final	4:13.00	4:20.00	4:36.00
16.00	T72	Y7B 1,200m Final			N/A
16.06	T73	JB 300m Final from heats T61	36.80	38.00	40.00
16.09	T74	JG 300m Final from heats T62	41.00	42.00	44.20
16.14	T75	JB 100m Final from heats T69	11.40	11.60	12.30
16.17	T76	JG 100m Final from heats T70	12.40	12.70	13.30
16.21	T77 & T78 Together With: T79 & T80	IB & SB 3,000m FINAL As one race with: IG & SG 3,000m FINAL	IB: 8:50.00 SB: 8:33.00 IG: 10:10.0 SG: 10:06.0	8:56.00 8:36.00 10:20.00 10:16.00	9:30.00 9:20.00 10:50.00 10:48.00