

# Track Field Championships 2022

## Programme of Events

Please be aware of and listen to announcements of changes

11.30	300m Hurdles	Inter Girls
	400m Hurdles	Finals SG/IB/SB
11.50	1500m Steeplechase	Senior Girls
		Inter Girls
12.00	100 metres	Heats - All groups
12.25	1500m Steeplechase	Inter Boys
	1500 metres	Junior Boys
	2000m Steeplechase	Senior Boys
12.45	1500 metres	Finals IB/SB
13.05	300 metres	Heats (Finals) JG/IG/JB
13.20	400 metres	Finals SG/IB/SB
13.30	3000 metres	Finals IG/SG
13.45	100 metres	Finals - All groups
	Lunch Break	
14.35	200 metres	Heats - All Groups
15.00	1500 metres	Finals JG/IG/SG
15.20	Sprint Hurdles	Heats (Finals)
		All groups
16.00	800 metres	Finals - All groups
16.25	200 metres	Finals - All groups
16.45	3000 metres	Finals IB/SB
17.00	Sprint Hurdles	Finals - All groups
17.15	300 metres (if needed)	Final JG/IG/JB
17.35	Relays	All Groups

9.30	Hammer	Girls Warm-up
10.00	Hammer	JG / IG / SG
11.30	Hammer	JB / IB / SB
	High Jump 1	Inter Girls
	High Jump 2	Senior Girls
	Long Jump	Junior Girls
	Shot	IG / SG
12.15	Javelin	Junior Girls
12.30	High Jump	Junior Boys
	Long Jump	Inter Boys
	Triple Jump	JB / SB
13.00	Discus	JB / IB
13.30	Long Jump	Junior Boys
	High Jump	Inter Boys
	Shot	JG / JB
	Pole Vault	Warm-up
14.30	Pole Vault	All age groups
	High Jump	Junior Girls
	Long Jump	Inter Girls
	Javelin	IG / SG
	Discus	Senior Boys
15.30	Long Jump	Senior Girls
	High Jump	Senior Boys
	Triple Jump	Inter Boys
	Shot	IB / SB
	Javelin	Junior Boys
16.30	Long Jump	Senior Boys
	Triple Jump	IG / SG
	Discus	JG / IG / SG
17.15	Javelin	IB / SB