

## **COMPETITION SCHEDULE** JULY 15-24, 2022

FRIDAY. **JULY 15** 

AM SESSION

PM SESSION

CAT E-GOLD: \$70-\$295

Q 9:05 HAMMER THROW (M) Q 10:10 HIGH JUMP (M) H 11:45 4 X 400M RFI AY (X)

Q 12:05 HAMMER THROW (W)

P 12:30 100M (M)

Q 17:05 SHOT PUT (W) H 17:15 3000M SC (M) Q 17:20 POLE VAULT (W) H 18:10 1500M (W) H 18:50 100M (M) Q 18:55 SHOT PUT (M) 

SATURDAY. **JULY 16** 

AM SESSION

PM SESSION

CAT E-GOLD: \$85-\$375

H 10:35 3000M SC (W) Q 10:40 TRIPLE JUMP (W) Q 11:10 HIGH JUMP (W)

12:00 HAMMER THROW (M) ¥ 12:20 10,000M (W) H 13:20 400M H (M)

SF 18:00 100M (M) ¥ 18:20 SHOT PUT (W) ▲ 18:25 LONG JUMP (M)

SE 17:05 110M H (M)

Q 18:00 LONG JUMP (M)

H 18:30 1500M (M) SF 19:05 1500M (W) ¥ 19:50 100M (M)

H 11:25 110M H (M)

HEP 10:35 100M H (W)

H 11:05 400M (M)

SUNDAY, **JULY 17** 

AM SESSION

H 12:00 400M (W) ¥ 13:00 10,000M (M) HEP 13:45 SHOT PUT (W)

HEP 11:35 HIGH JUMP (W) 11:35 HAMMER THROW (W)

HEP 10:50 JAVELIN THROW (W)

PM SESSION

SF 18:03 400M H (M)

Q 17:05 DISCUS THROW (M) ¥ 18:27 SHOT PUT (M) ¥ 17:25 POLE VAULT (W) HEP 18:38 200M (W) SF 17:33 100M (W) SF 19:00 1500M (M)

¥ 19:30 110M H (M) ¥ 19:50 100M (W)

**CAT E-GOLD**: \$85-\$375

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**CAT E-GOLD**: \$85-\$375

MONDAY. **JULY 18** 

AM SESSION

HEP 9:35 LONG JUMP (W)

PM SESSION

18:30 TRIPLE JUMP (W)

H 17:05 200M (M) Q 1710 DISCUSTHROW (W) ¥ 18:55 800M HEP (W) ¥ 19:20 3000M SC (M) H 18:00 200M (W) ¥ 19:50 1500M (W)

TUESDAY **JULY 19** 

NO AM SESSION

PM SESSION

CAT E-GOLD: \$70-\$295

H 17:15 400M H (W) 17:40 HIGH JUMP (W) SF 18:05 200M (W) ¥ 18:33 DISCUS THROW (M)

Q 15:20 JAVELIN THROW (W)

SF 18:50 200M (M) ¥ 19:30 1500M (M) ¥ 19:50 400M H (M)

WEDNESDAY, **JULY 20** 

NO AM SESSION

PM SESSION

18:30 DISCUS THROW (W)

SF 18:45 400M (W) H 16:25 5000M (W) SF 19:15 400M (M) H 17:20 800M (M) SF 18:15 400M H (W) ¥ 19:45 3000M SC (W)

THURSDAY, **JULY 21** 

NO AM SESSION

PM SESSION

SF 19:00 800M (M)

Q 17:05 JAVELIN THROW (M) ¥ 19:35 200M (W) H 18:10 5000M (M) ¥ 19:50 200M (M)

FRIDAY, JULY 22

NO AM SESSION

PM SESSION

Q 18:20 TRIPLE JUMP (M)

Q 17:05 POLE VAULT (M) SF 18:35 800M (W) H 17:40 4 X 100M RELAY (W) ¥ 19:15 400M (W) H 18:05 4 X 100M RELAY (M) ¥ 19:35 400M (M) 18:20 JAVELIN THROW (W) ¥ 19:50 400M H (W)

SATURDAY. **JULY 23** 

AM SESSION

PM SESSION

DEC 16:10 HIGH JUMP (M)

H 17:10 4 X 400M RFI AY (W)

H 17:45 4 X 400M RELAY (M)

¥ 18:05 TRIPLE JUMP (M)

¥ 18:10 800M (M) ¥ 18:25 5000M (W)

18:35 JAVELIN THROW (M) DEC 18:55 400M (M)

CAT E-GOLD: \$85-\$375 ¥ 19:30 4 X 100M RELAY (W) ¥ 19:50 4 X 100M RELAY (M)

**CAT E-GOLD**: \$85-\$375

SUNDAY

AM SESSION

PM SESSION

DEC 17:05 JAVELIN THROW (M)

17:25 POLE VAULT (M) 17:55 LONG JUMP (W) ¥ 19:20 1500M (M)

JULY 24

DEC 9:50 100M (M)

DEC 10:40 LONG JUMP (M)

Q 12:00 LONG JUMP (W)

H 11:20 100M H (W)

DEC 10:30 DISCUS THROW (M) DEC 12:15 POLE VAULT (M)

KEY

DEC 12:10 SHOT PUT (M)

¥ 19:35 4 X 400M RELAY (M) ¥ 18:35 800M (W) 19:50 4 X 400M RELAY (W) ¥ 19:00 100M H (W)