## COMPETITION SCHEDULE
### July 15–24, 2022

### AM Session (9AM–2:30PM)
- **Friday, July 15**
  - Hammer Throw (M)
  - Long Jump (M)
  - 4 x 400m Relay (M)
  - Javelin Throw (M)
- **Saturday, July 16**
  - 3000m SC (W)
  - Hammer Throw (W)
  - Long Jump (W)
  - High Jump (W)
  - 100m H (M)
- **Sunday, July 17**
  - 100m H HEP (W)
  - 400m (M)
  - Hammer Throw (W)
  - High Jump HEP (W)
- **Monday, July 18**
  - Long Jump HEP (M)
  - Javelin Throw HEP (W)
- **Tuesday, July 19**
  - 400m H (M)
  - 200m (M)
  - Discus Throw (M)
- **Wednesday, July 20**
  - Javelin Throw (W)
  - Discus Throw (W)
  - 5000m (W)
  - 400m H (M)
  - 100m H (M)
- **Thursday, July 21**
  - Javelin Throw (M)
  - 800m (M)
  - 100m H (W)
  - 200m (W)
- **Friday, July 22**
  - Pole Vault (W)
  - 4 x 100m Relay (W)
  - Javelin Throw (W)
  - 400m H (M)
- **Saturday, July 23**
  - 100m H Dec (M)
  - Discus Throw Dec (M)
  - Long Jump Dec (M)
  - Javelin Throw Dec (M)
- **Sunday, July 24**
  - 100m H Dec (M)
  - Pole Vault Dec (M)

### PM Session (5PM–8:15PM)
- **Friday, July 15**
  - Shot Put (M)
  - 1500m (M)
  - 3000m SC (M)
  - 100m (M)
  - Pole Vault (M)
  - Shot Put (M)
  - 4 x 400m Relay (M)
- **Saturday, July 16**
  - 100m (M)
  - 100m (M)
  - Shot Put (M)
  - 100m (M)
- **Sunday, July 17**
  - 100m (W)
  - 100m (W)
  - Shot Put (M)
  - 4 x 400m Relay (M)
- **Monday, July 18**
  - 200m (W)
  - 200m (W)
  - 200m (W)
  - Discus Throw (W)
- **Tuesday, July 19**
  - Pole Vault (M)
  - 800m (W)
  - 5000m (M)
  - 100m H (W)
- **Wednesday, July 20**
  - Pole Vault (W)
  - 800m (W)
  - 5000m (M)
  - 100m H (W)
- **Thursday, July 21**
  - Pole Vault (W)
  - 800m (W)
  - 100m H (M)
  - 400m H (M)
- **Friday, July 22**
  - Pole Vault (M)
  - 800m (W)
  - 4 x 100m Relay (M)
  - Javelin Throw Dec (M)
  - 100m H (M)
- **Saturday, July 23**
  - High Jump Dec (M)
  - 4 x 400m Relay (M)
  - Javelin Throw Dec (W)
- **Sunday, July 24**
  - Javelin Throw Dec (M)
  - 5000m (M)
  - 100m H (M)
  - 4 X 400M Relay (M)

### Road Events (1PM–5PM)
- **Friday, July 15**
  - 20km Race Walk (W)
  - 20km Race Walk (M)
- **Saturday, July 16**
  - 35km Race Walk (M)
- **Sunday, July 17**
  - 400m (W)
  - 400m (M)
  - 3000m SC (M)
  - 1500m (M)
- **Monday, July 18**
  - 10,000m (W)
  - 400m H (M)
- **Tuesday, July 19**
  - 100m (M)
  - 100m (M)
  - 100m (M)
  - 400m H (W)
- **Wednesday, July 20**
  - 1500m (M)
  - 1500m (W)
  - 100m (M)
- **Thursday, July 21**
  - 1500m (W)
  - 110m H (M)
- **Friday, July 22**
  - 35km Race Walk (W)
- **Saturday, July 23**
  - 4 x 100m Relay (M)
  - 4 x 400m Relay (M)
  - Javelin Throw Dec (M)
- **Sunday, July 24**
  - 100m H Dec (M)
  - Pole Vault Dec (M)
  - Long Jump (M)

### All Times and Events Subject to Change.
### All Times Are in U.S. Pacific Time.