



COMPETITION SCHEDULE JULY 15–24, 2022

FRIDAY,
JULY 15

AM SESSION	
Q 9:05	HAMMER THROW (M)
Q 10:10	HIGH JUMP (M)
H 11:45	4 X 400M RELAY (X)
Q 12:05	HAMMER THROW (W)

PM SESSION	
Q 17:05	SHOT PUT (W)
H 17:15	3000M SC (M)
Q 17:20	POLE VAULT (W)
Q 18:00	LONG JUMP (M)
H 18:10	1500M (W)
H 18:50	100M (M)
Q 18:55	SHOT PUT (M)
🏆 19:50	4 X 400M RELAY (X)

SATURDAY,
JULY 16

AM SESSION	
H 10:30	TRIPLE JUMP (W)
Q 10:35	3000M SC (W)
Q 11:10	HIGH JUMP (W)
H 11:25	110M H (M)
🏆 12:00	HAMMER THROW (M)
🏆 12:20	10,000M (W)
H 13:20	400M H (M)

PM SESSION	
H 17:10	100M (W)
SF 18:00	100M (M)
🏆 18:20	LONG JUMP (M)
🏆 18:25	SHOT PUT (W)
H 18:30	1500M (M)
SF 19:05	1500M (W)
🏆 19:50	100M (M)

SUNDAY,
JULY 17

AM SESSION	
HEP 10:35	100M H (W)
H 11:05	400M (M)
HEP 11:35	HIGH JUMP (W)
🏆 11:35	HAMMER THROW (W)
H 12:00	400M (W)
🏆 13:00	10,000M (M)
HEP 13:45	SHOT PUT (W)

PM SESSION	
SF 17:05	110M H (M)
Q 17:05	DISCUS THROW (M)
🏆 17:25	POLE VAULT (W)
SF 17:33	100M (W)
SF 18:03	400M H (M)
🏆 18:27	SHOT PUT (M)
HEP 18:38	200M (W)
SF 19:00	1500M (M)
🏆 19:30	110M H (M)
🏆 19:50	100M (W)

MONDAY,
JULY 18

AM SESSION	
HEP 9:35	LONG JUMP (W)
HEP 10:55	JAVELIN THROW (W)

PM SESSION	
H 17:05	200M (M)
Q 17:10	DISCUS THROW (W)
🏆 17:45	HIGH JUMP (M)
H 18:00	200M (W)
🏆 18:20	TRIPLE JUMP (W)
🏆 18:55	800M HEP (W)
🏆 19:20	3000M SC (M)
🏆 19:50	1500M (W)

TUESDAY,
JULY 19

NO AM SESSION	
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PM SESSION	
H 17:15	400M H (W)
🏆 17:40	HIGH JUMP (W)
SF 18:05	200M (W)
🏆 18:33	DISCUS THROW (M)
SF 18:50	200M (M)
🏆 19:30	1500M (M)
🏆 19:50	400M H (M)

WEDNESDAY,
JULY 20

NO AM SESSION	
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PM SESSION	
Q 15:20	JAVELIN THROW (W)
H 16:25	5000M (W)
H 17:20	800M (M)
SF 18:15	400M H (W)
🏆 18:30	DISCUS THROW (W)
SF 18:45	400M (W)
SF 19:15	400M (M)
🏆 19:45	3000M SC (W)

THURSDAY,
JULY 21

NO AM SESSION	
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PM SESSION	
Q 17:05	JAVELIN THROW (M)
H 17:10	800M (W)
H 18:10	5000M (M)
Q 18:20	TRIPLE JUMP (M)
SF 19:00	800M (M)
🏆 19:35	200M (W)
🏆 19:50	200M (M)

FRIDAY,
JULY 22

NO AM SESSION	
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PM SESSION	
Q 17:05	POLE VAULT (M)
H 17:40	4 X 100M RELAY (W)
H 18:05	4 X 100M RELAY (M)
🏆 18:20	JAVELIN THROW (W)
SF 18:35	800M (W)
🏆 19:15	400M (W)
🏆 19:35	400M (M)
🏆 19:50	400M H (W)

SATURDAY,
JULY 23

AM SESSION	
DEC 9:50	100M (M)
DEC 10:40	LONG JUMP (M)
H 11:20	100M H (W)
Q 12:00	LONG JUMP (W)
DEC 12:10	SHOT PUT (M)

PM SESSION	
DEC 16:10	HIGH JUMP (M)
H 17:10	4 X 400M RELAY (W)
H 17:40	4 X 400M RELAY (M)
🏆 18:00	TRIPLE JUMP (M)
🏆 18:10	800M (M)
🏆 18:25	5000M (W)
🏆 18:35	JAVELIN THROW (M)
DEC 18:55	400M (M)
🏆 19:30	4 X 100M RELAY (W)
🏆 19:50	4 X 100M RELAY (M)

SUNDAY,
JULY 24

AM SESSION	
DEC 9:35	110M H (M)
DEC 10:30	DISCUS THROW (M)
DEC 12:15	POLE VAULT (M)

PM SESSION	
SF 17:05	100M H (W)
DEC 17:05	JAVELIN THROW (M)
🏆 17:25	POLE VAULT (M)
🏆 17:50	LONG JUMP (W)
🏆 18:05	5000M (M)
🏆 18:35	800M (W)
🏆 19:00	100M H (W)
DEC 19:20	1500M (M)
🏆 19:35	4 X 400M RELAY (M)
🏆 19:50	4 X 400M RELAY (W)

KEY

🏆	FINALS	SF	SEMI-FINALS	Q	QUALIFICATION	(W)	WOMEN'S
H	HEATS	HEP	HEPTATHLON	(M)	MEN'S		
P	PRELIMINARY	DEC	DECATHLON	(X)	MIXED		

ALL TIMES AND EVENTS SUBJECT TO CHANGE.
ALL TIMES ARE IN U.S. PACIFIC TIME.
ALL ROAD RACES WILL BE NON-TICKETED EVENTS AND INCLUDES
M & W MARATHON, M & W 35KM RACE WALK, AND M & W 20KM RACE WALK.