



### SESSION 1 FRIDAY, JULY 15 / MORNING

9:05	HAMMER THROW (M)	Q A
10:10	HIGH JUMP (M)	Q
10:30	HAMMER THROW (M)	Q B
11:45	4 X 400M RELAY (X)	H
12:05	HAMMER THROW (W)	Q A
12:30	100M (M)	P
13:30	HAMMER THROW (W)	Q B

ROAD	13:10	20KM RACE WALK (W)	Y
	15:10	20KM RACE WALK (M)	Y

### SESSION 2 FRIDAY, JULY 15 / EVENING

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

### SESSION 3 SATURDAY, JULY 16 / MORNING

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

### SESSION 4 SATURDAY, JULY 16 / EVENING

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

### SESSION 5 SUNDAY, JULY 17 / MORNING

10:35	100M H HEP (W)	H
11:05	400M (M)	Y
11:35	HAMMER THROW (W)	Y
11:35	HIGH JUMP HEP (W)	H
12:00	400M (W)	Y
13:00	10,000M (M)	Y
13:25	SHOT PUT HEP (W)	Y

ROAD	6:15	MARATHON (M)	Y
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### SESSION 6 SUNDAY, JULY 17 / EVENING

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

### SESSION 7 MONDAY, JULY 18 / MORNING

9:35	LONG JUMP HEP (W)	Y
10:50	JAVELIN THROW HEP A (W)	Y
11:50	JAVELIN THROW HEP B (W)	Y

ROAD	6:15	MARATHON (W)	Y
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### SESSION 8 MONDAY, JULY 18 / EVENING

17:05	200M (M)	H
17:10	DISCUS THROW (W)	Q A
17:45	HIGH JUMP (M)	Y
18:00	200M (W)	H
18:20	TRIPLE JUMP (W)	Y
18:35	DISCUS THROW (W)	Q B
18:55	800M HEP (W)	Y
19:20	3000M SC (M)	Y
19:50	1500M (W)	Y

### SESSION 9 TUESDAY, JULY 19 / EVENING

17:15	400M H (W)	H
17:40	HIGH JUMP (W)	Y
18:05	200M (W)	SF
18:33	DISCUS THROW (M)	Y
18:50	200M (M)	SF
19:30	1500M (M)	Y
19:50	400M H (M)	Y

### SESSION 10 WEDNESDAY, JULY 20 / EVENING

15:20	JAVELIN THROW (W)	Q A
16:25	5000M (W)	H
16:50	JAVELIN THROW (W)	Q B
17:20	800M (M)	H
18:15	400M H (W)	SF
18:30	DISCUS THROW (W)	Y
18:45	400M (W)	SF
19:15	400M (M)	SF
19:45	3000M SC (W)	Y

### SESSION 11 THURSDAY, JULY 21 / EVENING

17:05	JAVELIN THROW (M)	Q A
17:10	800M (W)	H
18:10	5000M (M)	H
18:20	TRIPLE JUMP (M)	Q
18:35	JAVELIN THROW (M)	Q B
19:00	800M (M)	SF
19:35	200M (W)	Y
19:50	200M (M)	Y

### SESSION 12 FRIDAY, JULY 22 / EVENING

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

ROAD	6:15	35 KM RACE WALK (W)	Y
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### SESSION 13 SATURDAY, JULY 23 / MORNING

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

### SESSION 14 SATURDAY, JULY 23 / EVENING

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

### SESSION 15 SUNDAY, JULY 24 / MORNING

9:35	110M H DEC (M)	Y
10:30	DISCUS THROW DEC A (M)	Y
11:40	DISCUS THROW DEC B (M)	Y
12:15	POLE VAULT DEC A (M)	Y
13:15	POLE VAULT DEC B (M)	Y

### SESSION 16 SUNDAY, JULY 24 / EVENING

17:05	JAVELIN THROW DEC A (M)	Y
17:10	100M H (W) - SF	SF
17:25	POLE VAULT (M)	Y
17:50	LONG JUMP (W)	Y
18:05	5000M (M)	Y
18:10	JAVELIN THROW DEC B (M)	Y
18:35	800M (W)	Y
19:00	100M H (W)	Y
19:20	1500M DEC (M)	Y
19:35	4 X 400M RELAY (M)	Y
19:50	4 X 400M RELAY (W)	Y

ROAD	6:15	35 KM RACE WALK (M)	Y
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# COMPETITION SCHEDULE JULY 15–24, 2022

MEDAL CEREMONIES WILL BE TAKING PLACE PRIOR TO THE START OF COMPETITION  
AND/OR AFTER THE CONCLUSION OF COMPETITION FOR MOST SESSIONS.

COMPETITION SCHEDULE IS SUBJECT TO CHANGE.  
FOR THE MOST UP-TO-DATE TIMETABLE,  
VISIT [WORLDCHAMPSOREGON22.COM/TIMETABLE](https://www.worldchampsoregon22.com/timetable)

## KEY

Y	FINAL
Q	QUALIFICATION
P	PRELIMS
H	HEATS
SF	SEMI-FINALS

W	WOMEN'S
M	MEN'S
X	MIXED