Thursday, February 24, 2022

<u>Start</u>		Field Events
11:00am	Women	Pentathlon 60HH
11:30am	Men	Heptathlon 60m
<u>Start</u>		Running Events
<u>Start</u> 6:00pm	Women	<u>Running Events</u> Distance Medley Relay
	Women Men	

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Friday, February 25, 2022

Saturday, February 26, 2022				
<u>Start</u>		Field Events		
12:00pm	Men	Shot Put		
12:00pm	Women	Triple Jump		
1:00pm	Men	Pole Vault		
2:30pm	Women	Shot Put		
3:00pm	Men	Triple Jump		

<u>Start</u>		Running Events
1:00pm	Women	Mile Final
1:10pm	Men	Mile Final
1:30pm	Women	60HH Final
1:45pm	Men	60HH Final
2:00pm	Women	400m Final
2:10pm	Men	400m Final
2:20pm	Women	60m Final
2:30pm	Men	60m Final
2:40pm	Women	800m Final
2:50pm	Men	800m Final
3:00pm	Women	200m Final
3:10pm	Men	200m Final
3:20pm	Women	3000m Final
3:55pm	Men	3000m Final
4:25pm	Women	4x400m Final
4:50pm	Men	4x400m Final

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<u>Start</u>		Field Events
10:00am	Men	Heptathlon 60HH
11:15am	Men	Heptathlon Pole Vault
12:00pm	Men	High Jump
1:00pm	Women	Long Jump
2:00pm	Men	Weight Throw
4:30pm	Men	Long Jump
5:00pm	Women	Pole Vault
5:00pm	Women	Weight Throw
6:45pm	Women	High Jump
<u>Start</u>		Running Events
12:45pm	Women	5000m Unseeded Final
1:10pm	Men	5000m Unseeded Final
1:40pm	Women	Mile Prelim
2:10pm	Men	Mile Prelim
3:00pm	Women	60m Hurdles - Prelim
3:35pm	Men	60m Hurdles - Prelim
3:50pm	Men	Heptathlon 1000m
4:00pm	Women	400m Prelim
4:20pm	Men	400m Prelim
4:55pm	Women	60m Prelim
5:10pm	Men	60m Prelim
5:30pm	Women	800m Prelim
5:45pm	Men	800m Prelim
6:05pm	Women	200m Prelim
6:30pm	Men	200m Prelim
6:55pm	Women	5000m Seeded Final
7:20pm	Men	5000m Seeded Final