

Competition Schedule

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY



THU 16 JUN 2022

Time	Event	Remark
17:25	400m Hurdles Women	National
17:31	Shot Put Women	
17:38	4x100m Relay Men	
17:50	4x100m Relay Women	
18:00	1500m Men	National
18:10	1500m Women	National
18:45	Pole Vault Men	
18:45	200m Men	National
18:51	Hammer Throw Men	
18:56	200m Women	National
19:06	100m Men	National Heat A
19:16	100m Women	National
19:26	100m Men	National Heat B
19:53	100m Men	Race to Zero
20:04	400m Hurdles Women	
20:14	400m Men	
20:15	Long Jump Men	
20:19	5000m Women	
20:39	100m Men	
20:44	200m Women	
20:48	Discus Throw Women	
20:49	5000m Men	
21:13	110m Hurdles Men	
21:25	800m Women	
21:38	400m Hurdles Men	
21:50	1 Mile Men	Dream Mile
22:07	4x400m Relay Women	