

**2022 ORDER & TIME OF EVENTS**

10:40	START WARM-UPS FOR FIELD EVENTS THAT COMMENCE AT 11:00 & 11:30			
11:00		Hammer Men	Long Jump Women	<i>Pole Vault (Women) Premier Div. Only</i>
11:30				<i>Pole Vault ALL Divisions 1 &amp; 2</i>
12:00			Hammer Women	
12:35		Long Jump Men		
12:45			Shot Women	
13:00	400m H Women	Discus Men		
13:10	400m H Men	High Jump Men		
13:25	800m Women			<i>Pole Vault (Men) Premier Division Only</i>
13:35	800m Men			
13:45	100m Women			
13:55	100m Men			
14:00	Non-Scoring 100m (M & W)	Shot Men	Discus Women	
14:05	3000m S/C Men			
14:10			Triple Jump Women	
14:25	100mH Women			
14:35	3000m Women			
14:45			High Jump Women	
14:55	110m H Men			
15:00		Javelin Men		
15:05	400m Women			
15:15	400m Men			
15:20	1500m Men			
15:35	1500m Women			
15:45	200m Women	Triple Jump Men		
15:55	200m Men			
16:05	5000m men		Javelin Women	
16:30	4 x 100m Women			
16:40	4 x 100m Men			
16:50	4 x 400m Women			
17:00	4 x 400m Men			

Variation in the timetabling of events may be allowed to suit local conditions and Health and Safety issues.

**Non Scoring Competitors are NOT allowed with the exception of the timetabled non-scoring 100m races**