

SCHEDULE OF EVENTS

THURSDAY – February 24, 2022

Men's Heptathlon (Day 1)

10:00 AM 60 Meters
Long Jump
Shot Put
High Jump

Women's Pentathlon

10:30 AM 60 Meter Hurdles
High Jump
Shot Put
Long Jump
800 Meters

FRIDAY – February 25, 2022

Men's Heptathlon (Day 2)

10:00 AM 60 Meter Hurdles
Pole Vault
1000 Meters

Field Events

3:00 PM Men's Weight Throw - **FINAL**
Men's Long Jump - **FINAL**
Women's High Jump – **FINAL**
4:30 PM Men's Pole Vault – **FINAL**
6:00 PM Women's Long Jump – **FINAL**
Women's Shot Put – **FINAL**

2:45 PM Opening Ceremonies/National Anthem

Running Events

3:00 PM Women's 60 Meter Hurdles - Trials
3:20 PM Men's 60 Meter Hurdles – Trials
3:45 PM Women's 400 Meters - Trials
4:10 PM Men's 400 Meters - Trials
4:35 PM Women's 60 Meter Dash – Trials
4:50 PM Men's 60 Meter Dash – Trials
5:10 PM Women's 800 Meters - Trials
5:25 PM Men's 800 Meters - Trials

5:40 PM Women's 200 Meters – Trials
6:05 PM Men's 200 Meters - Trials
6:45 PM Women's 5,000 Meters - **FINAL**
7:10 PM Men's 5,000 - **FINAL**
7:35 PM Women's Distance Medley - **FINAL**
7:55 PM Men's Distance Medley - **FINAL**

SATURDAY – February 26, 2022

Field Events

10:30 AM Women's Weight Throw - **FINAL**
Men's Triple Jump - **FINAL**
12:00 PM Men's High Jump - **FINAL**
Women's Pole Vault – **FINAL**
1:15 PM Men's Shot Put – **FINAL**
Women's Triple Jump - **FINAL**

11:45 PM National Anthem

Running Events

12:00 PM Women's Mile – **FINAL**
12:15 PM Men's Mile – **FINAL**
12:35 PM Women's 60 Meter Hurdles - **FINAL**
12:45 PM Men's 60 Meter Hurdles – **FINAL**
12:55 PM Women's 400 Meters - **FINAL**
1:05 PM Men's 400 Meters - **FINAL**
1:15 PM Women's 60 Meter Dash - **FINAL**
1:25 PM Men's 60 Meter Dash - **FINAL**
1:35 PM Women's 800 Meters - **FINAL**
1:45 PM Men's 800 Meters - **FINAL**
1:55 PM Women's 200 Meters – **FINAL**
2:10 PM Men's 200 Meters – **FINAL**
2:30 PM Women's 3,000 Meters - **FINAL**
3:00 PM Men's 3,000 Meters - **FINAL**
3:30 PM Women's 1,600 Meter RELAY - **FINAL**
3:50 PM Men's 1,600 Meter RELAY – **FINAL**

4:30 PM Awards Ceremony (at conclusion of all events)