

Saturday 7 May 2022

Time	Decathlon men	Heptathlon women
12:05	100 meters	
12:45 p.m		100 meter hurdles
13:10	long jump	
13:55		High Jump 1 (Gr. A)
13:55		High Jump 2 (Gr. B)
14:55	Shot Put 1 (Size A)	
14:55	Shot Put 2 (Size B)	
15:35		club squadrons
16:10		Shot Put 1 (Size A)
16:10		Shot Put 2 (Size B)
16:20	High Jump 1 (Gr. A)	
16:20	High Jump 2 (Gr. B)	
17:30		200 metres
18:00	400 meters	

Sunday 8 May 2022

Time	Decathlon men	Heptathlon women
10:30 a.m	110 meter hurdles	
11:20	Discus Throw (A&B)	
12:25		long jump (A&B)
13:15	Pole Vault 1	
13:15	pole vault 2	
14:05		Javelin Throw (A&B)
15:00		club squadrons
15:35	Javelin Throw (A&B)	
16:10		800 meters
16:45	1,500 meters	