

**TUESDAY, MAY 10, 2022**

Time	Event	Location
1:00pm-7:00pm	Track Practice	Track
1:00pm-7:00pm	Shot Put Practice	Stadium
1:00pm-7:00pm	Discus Practice**	Hamilton
1:00pm-3:30pm	Hammer Practice**	Hamilton
3:30pm-5:00pm	Javelin Practice**	Hamilton
4:00pm-6:00pm	Implement Weigh-In	Stadium
5:30pm	Coaches Meeting	Paddock

**WEDNESDAY, MAY 11, 2022**

Time	Event	Round
8:30am-9:45am	Implement Weigh-In @ Stadium	
9:00am	100h	Hept.
9:15am	100m	Dec.
9:45am	High Jump	Hept
10:00am	Long Jump	Dec.
11:00am	M-Discus* (H)	Final
	W-Javelin* (H)	Final
	Shot Put	Hept.
	High Jump	Dec.
12:00pm	Implement Weigh-In @ Hamilton*	
12:30pm-2:00pm		
12:45pm	200m	Hept.
1:30pm	400m	Dec.
2:00pm	W-Discus* (H)	Final
	M-Javelin* (H)	Final
	M-Pole Vault	Final
4:00pm-7:00pm	Shot Put	Practice
	Hammer** (H)	Practice
	W-Pole Vault	Final
5:00pm	National Anthem	
5:20pm	M-1500m	Prelim
5:30pm	W-1500m	Prelim
5:50pm	M-400m Hurdles	Prelim
6:10pm	W-400m Hurdles	Prelim
6:25pm	M-200m	Prelim
6:40pm	W-200m	Prelim
6:55pm	M-10k	Final
7:15pm	W-10k	Final
8:00pm		

**THURSDAY, MAY 12, 2022**

Time	Event	Round
8:30am-9:45am	Implement Weigh-In @ Stadium	
9:00am	110h	Dec.
9:30am	Long Jump	Hept.
9:45am	Discus (H)	Dec.
10:45am	Javelin (H)	Hept.
11:00am	Pole Vault	Dec.
12:00pm	800m	Hept.
1:00pm	Javelin (H)	Dec.
1:00pm-2:00pm	Implement Weigh-In @ Hamilton*	
2:15pm	1500m	Dec.
2:30pm	W-Long Jump	Final
	M-Hammer (H)	Final
	W-Hammer (H)	Final
4:30pm	M-Long Jump	Final
5:00pm	National Anthem	
5:20pm	M-110h	Prelim
5:30pm	W-100h	Prelim
5:45pm	M-400m	Prelim
6:10pm	W-400m	Prelim
6:25pm	Shot Put	Practice
6:30pm-8:00pm	M-100m	Prelim
6:40pm	W-100m	Prelim
6:55pm	M-800m	Prelim
7:15pm	W-800m	Prelim
7:30pm	M-3k Steeple	Final
7:50pm	W-3k Steeple	Final
8:10pm		

**FRIDAY, MAY 13, 2022**

Time	Event	Round
9:30am-10:30am	Implement Weight-In @ Hamilton*	
11:00am	M-Shot Put	Final
	M-High Jump	Final
	W-Triple Jump	Final
12:20pm	National Anthem	
12:30pm	M-4x100m	Final
12:40pm	W-4x100m	Final
12:50pm	M-1500m	Final
1:00pm	W-1500m	Final
1:15pm	M-110h	Final
1:25pm	W-110h	Final
1:35pm	M-400m	Final
1:45pm	W-400m	Final
1:55pm	M-100m	Final
2:00pm	W-100m	Final
	W-Shot Put	Final
	W-High Jump	Final
	M-Triple Jump	Final
2:10pm	M-800m	Final
2:15pm	W-800m	Final
2:30pm	M-400h	Final
2:35pm	W-400h	Final
2:45pm	M-200m	Final
2:50pm	W-200m	Final
3:00pm	M-5k	Final
3:45pm	W-5k	Final
4:15pm	M-4x400m	Final
4:25pm	W-4x400m	Final
4:45pm	Graduation Recognition	
5:00pm	Awards/Trophy Presentation	

*\*All Events labeled (H) will be held at Hamilton Field – Transit Busses provided to Athletes/Staff Only\**

*\*\*Transportation/Sports Med will not be provided for practice times at Hamilton Field\*\**