FRIDAY, April 15th, 2022
1:00 PM  M Hammer Throw
2:00 PM  W Hammer Throw
3:15 PM  M Javelin Throw
4:00 PM  W Javelin Throw

SATURDAY, April 16th, 2022
Running Events
11:55 PM  Opening Ceremonies
1:00 PM  M 3000 Meter Steeplechase  Full Track Access
1:10 PM  W 3000 Meter Steeplechase  1 Heat
1:30 PM  M 4x100 Meter Relay  1 Heat
1:40 PM  W 4x100 Meter Relay  1 Heat
1:45 PM  M 1500 Meters  2 Heats
2:00 PM  W 1500 Meters  2 Heats
2:20 PM  M 110 Meter Hurdles Finals  1 Heat
2:30 PM  W 100 Meter Hurdles Finals  1 Heat
2:40 PM  M 400 Meters  2 Heats
2:50 PM  W 400 Meters  1 Heat
3:00 PM  M 100 Meters Finals  2 Heats
3:10 PM  W 100 Meters Finals  1 Heat
3:20 PM  M 800 Meters  2 Heats
3:30 PM  W 800 Meters  3 Heats
3:50 PM  M 400 Meter Hurdles  1 Heat
4:00 PM  W 400 Meter Hurdles  1 Heat
4:10 PM  M 200 Meters  2 Heats
4:20 PM  W 200 Meters  2 Heats
4:30 PM  M 3000 Meters  1 Heat
4:45 PM  W 3000 Meters  1 Heat
5:00 PM  M 4x400 Meter Relay  1 Heat
5:10 PM  W 4x400 Meter Relay  1 Heat

Field Events
12:00 Noon  M High Jump  1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21... (+3cm) ...
12:00 Noon  M Shot Put
12:00 Noon  M Pole Vault  4.37, 4.67, 4.82, 4.97, 5.12, 5.27, 5.37, 5.47... (+10cm) ...
12:00 Noon  M Long Jump
1:00 PM  W Shot Put
1:30 PM  W Long Jump
2:00 PM  M Discus Throw
3:15 PM  W Pole Vault  3.66, 3.81, 3.96, 4.11, 4.21, 4.31... (+10cm) ...
3:00 PM  W Discus Throw
3:00 PM  W High Jump  1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81... (+3cm) ...
3:00 PM  M Triple Jump
4:00 PM  W Triple Jump