

2022 ASAA Provincial Track and Field Friday Events

Friday	Junior Men	Junior Women	Int. Men	Int. Women	Senior Men	Senior Women	Friday
8:45	100 m Pent		100 m Pent		100 m Pent		8:45
9:00	3000 m						9:00
9:10	Long Jump		Discus				9:10
9:20		3000 m/ Triple Jump					9:20
9:30	HJ Pent	Shot Put	HJ Pent		HJ Pent		9:30
9:40			3000 m				9:40
10:00	Pole Vault			3000 m			10:00
10:10							10:10
10:20					3000 m		10:20
10:30					Javelin		10:30
10:40						3000 m/ Discus	10:40
10:55	OPENING CEREMONIES						10:55
11:05	200 m Heats		Seated Throws (at Second Circle)				11:05
11:12		200 m Heats				Long Jump	11:12
11:19			200 m Heats				11:19
11:26				200 m Heats			11:26
11:33				High Jump	200 m Heats/ Triple Jump		11:33
11:40	SP Pent		SP Pent		SP Pent	200/Heats	11:40
11:48		80 m Hurdle. Heats					11:48
11:56				80 m Hurdle Heats			11:56
12:00			Pole Vault				12:00
12:04						80 m Hurdle Heats	12:04
12:12	100 m Hurdle Heats						12:12
12:20			100 m Hurdle Heats				12:20
12:28	Discus				100 m Hurdle Heats		12:28
LUNCH BREAK							
1:00				Javelin			1:00
1:30	800 m Final		Para Ambulatory Throws (at Discus Circle)			High Jump	1:30
1:38		800 m Final	Shot Put				1:38
1:46	LJ Pent/ Triple Jump		LJ Pent/ 800 m Final		LJ Pent		1:46
1:54				800 m Final			1:54
2:02					800 m Final		2:02
2:10						800 m Final	2:10
2:20					100 m Hurdle Final/ Pole Vault		2:20
2:30			100 m Hurdle Final				2:30
2:35	100 m Hurdle Final						2:35
2:40							2:40
2:45						80 m Hurdle Final	2:45
2:50				80 m Hurdle Final			2:50
2:55		80 m Hurdle Final					2:55
3:05	800 m Pent		800 m Pent		800 m Pent		3:05
3:10		Javelin					3:10
3:15	PARA/Ambulatory/Wheelchair/Intellectual 200m OPEN Final			Long Jump	Shot Put		3:15
3:30			High Jump				3:30
3:35	200 m Final						3:35
3:40		200 m Final					3:40
3:45			200 m Final				3:45
3:50				200 m Final			3:50
3:55					200 m Final		3:55
4:00						200 m Final	4:00
4:15	4x100 Heats						4:15
4:20		4x100 Heats					4:20
4:25			4x100 Heats				4:25
4:30				4x100 Heats			4:30
4:35					4x100 Heats		4:35
4:40						4x100 Heats	4:40
5:00					4x400 Open Timed Final		5:00
5:15						4x400 Open Timed Final	5:15