

2022 ASAA Provincial Track and Field Saturday Events

| Saturday | Junior Men | Junior Women | Int. Men | Int. Women | Senior Men | Senior Women | Saturday |
|----------|--|------------------------|---------------|------------------------|---------------------------------|---------------------------------|----------|
| 8:45 | | 100 m Pent | | 100 m Pent | | 100 m Pent | 8:45 |
| 9:00 | 400 m Heat | Long Jump | Javelin | | | | 9:00 |
| 9:10 | Shot Put | 400 m Heat | Triple Jump | | | | 9:10 |
| 9:20 | | | 400 m Heat | Discus | | | 9:20 |
| 9:30 | | HJ Pent | | 400 m Heat /HJ Pent | | HJ Pent | 9:30 |
| 9:40 | | | | | 400 m Heat | | 9:40 |
| 9:50 | | | | | | 400 m Heat | 9:50 |
| 10:00 | | Pole Vault | | | | | 10:00 |
| 10:10 | 100 m Heats | | | | | | 10:10 |
| 10:15 | | 100 m Heats | | | | | 10:15 |
| 10:20 | | | 100 m Heats | | | | 10:20 |
| 10:25 | | | | 100 m Heats | | | 10:25 |
| 10:30 | | | | | 100 m Heats | | 10:30 |
| 10:35 | | | | | | 100 m Heats | 10:35 |
| 10:45 | | | | | | Shot Put | 10:45 |
| 10:45 | Unified Javelin | | | | | | 10:45 |
| 11:00 | | | | Triple Jump | Long Jump | | 11:00 |
| 11:10 | 1500 m | | | | | | 11:10 |
| 11:15 | | | | | | | 11:15 |
| 11:20 | | 1500 m | | | | | 11:20 |
| 11:30 | High Jump | | 1500 m | | Discus | | 11:30 |
| 11:35 | | | | | | | 11:35 |
| 11:40 | | | | 1500 m | | | 11:40 |
| 11:50 | | | | Pole Vault | 1500 m | | 11:50 |
| 11:55 | | | | | | | 11:55 |
| 12:00 | | SP Pent | | SP Pent | | 1500 m/ SP Pent | 12:00 |
| 12:15 | Javelin | | | | | | 12:15 |
| 12:30 | | | | | | | 12:30 |
| 12:50 | | | | | | 300 mH Open | 12:50 |
| 12:50 | Unified Long Jump @ TJ | | | | | | 12:50 |
| 1:10 | | | | | 300 mH Open | | 1:10 |
| 1:15 | | | | | High Jump | | 1:15 |
| 1:30 | 100 m Final | LJ Pent | | LJ Pent | | LJ Pent | 1:30 |
| 1:35 | | Discus/ 100 m Final | | | | | 1:35 |
| 1:40 | | | 100 m Final | | | | 1:40 |
| 1:45 | | | | 100 m Final | | | 1:45 |
| 1:50 | | | | | 100 m Final | | 1:50 |
| 1:55 | | | | | | 100 m Final/ Pole Vault | 1:55 |
| 2:05 | Para-Ambulatory-Intellectual 100 m Final | | | | | Triple Jump | 2:05 |
| 2:10 | | | | | | | 2:10 |
| 2:15 | Wheel Chair 100 m Final | | | | | Javelin | 2:15 |
| 2:20 | | | | | | | 2:20 |
| 2:30 | 400 m Final | | Long Jump | Shot Put | | | 2:30 |
| 2:35 | | 400 m Final | | | | | 2:35 |
| 2:40 | | High Jump | 400 m Final | | | | 2:40 |
| 2:45 | | | | 400 m Final | | | 2:45 |
| 2:50 | | | | | 400 m Final | | 2:50 |
| 2:55 | | | | | | 400 m Final | 2:55 |
| 3:05 | | 800 m Pent | | 800 m Pent | | 800 m Pent | 3:05 |
| 3:10 | | | | | | | 3:10 |
| 3:15 | Unified 400 m | | | | | | 3:15 |
| 3:30 | | | | | | | 3:30 |
| 3:35 | | | | | Mixed 4x400 Open Timed Final | Mixed 4x400 Open Timed Final | 3:35 |
| 3:40 | | | | | | | 3:40 |
| 3:45 | 4x100 m Final | | | | | | 3:45 |
| 3:50 | | 4x100 m Final | | | | | 3:50 |
| 3:55 | | | 4x100 m Final | | | | 3:55 |
| 4:00 | | | | 4x100 m Final | | | 4:00 |
| 4:05 | | | | | 4x100 m Final | | 4:05 |
| 4:10 | | | | | | 4x100 m Final | 4:10 |