

2022 MEN'S & WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS



JOHNSON CITY, TN



Day 1 – Friday, April 22

DECATHLON

| | |
|---------|-----------|
| 12:00pm | 100m |
| 12:45pm | Long Jump |
| 1:45pm | Shot Put |
| 2:35pm | High Jump |
| 4:30pm | 400m |

HEPTATHLON

| | |
|---------|-----------|
| 12:15pm | 100H |
| 1:00pm | High Jump |
| 2:45pm | Shot Put |
| 3:45pm | 200m |

FIELD EVENTS

| | |
|--------|--|
| 2:00pm | Discus– Women/Men Pole Vault-Women/Men Hammer-Men/Women Long Jump-Men/Women |
|--------|--|

TRACK EVENTS

| | |
|--------|--------------|
| 5:00pm | 4x800-Women |
| 5:15pm | 4x800-Men |
| 5:45pm | 100H-Women |
| 6:00pm | 110H-Men |
| 6:20pm | 100m-Women |
| 6:35pm | 100m-Men |
| 6:45pm | 1500-Women |
| 7:00pm | 1500m-Men |
| 7:15pm | 400-Women |
| 7:30pm | 400-Men |
| 7:40pm | 10,000-Women |
| 8:25pm | 10,000-Men |

Day 2 – Saturday, April 23

DECATHLON

| | |
|---------|------------|
| 8:00am | 110H |
| 8:40am | Discus |
| 9:40am | Pole Vault |
| 11:45am | Javelin |
| 12:30pm | 1500m |

HEPTATHLON

| | |
|---------|-----------|
| 8:30am | Long Jump |
| 9:30am | Javelin |
| 10:30am | 800m |

FIELD EVENTS

| | |
|---------|--|
| 10:00am | Shot-Men/Women High Jump-Women/Men Triple Jump-Men/Women |
| 1:00pm | Javelin-Men/Women |

TRACK EVENTS

| | |
|---------|---------------------|
| 12:30pm | 5k RW-Combined |
| 1:30pm | 4x100-Women |
| 1:40pm | 4x100-Men |
| 2:00pm | 3,000 Steeple-Women |
| 2:20pm | 3,000 Steeple-Men |
| 2:45pm | 400H-Women |
| 2:55pm | 400H-Men |
| 3:15pm | 800-Women |
| 3:30pm | 800-Men |
| 3:45pm | 200-Women |
| 4:00pm | 200-Men |
| 4:15pm | 5,000-Women |
| 4:40pm | 5,000-Men |
| 5:00pm | 4x400-Women |
| 5:10pm | 4x400-Men |



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