Session: 1 Saturday Throwing Events - National Stadium Day 1 - Saturday 5/14/2022 - Starts at 02:00 PM

Event		Round	
2:00 PM	#117 Girls Javelin Throw 500g Under 18	Finals	
2:00 PM	#121 Women Javelin Throw 600g Open	Finals	
2:00 PM	#122 Men Javelin Throw 800g Open	Finals	
3:30 PM	#108 Boys Discus Throw 1kg Juniors	Finals	
3:30 PM	#109 Girls Discus Throw 1kg Under 18	Finals	
3:30 PM	#110 Boys Discus Throw 1.5kg Under 18	Finals	
3:30 PM	#112 Boys Discus Throw 1.75kg Under 20	Finals	
3:30 PM	#114 Men Discus Throw 2kg Open	Finals	

Session: 2 Saturday Field Events - UWI Day 1 - Saturday 5/14/2022 - Starts at 03:00 PM

	Event	Round
3:00 PM	#88 Boys Long Jump Under 18	Finals
4:00 PM	#79 Girls High Jump Under 18	Finals
4:30 PM	#92 Men Long Jump Open	Finals

Session: 3 Saturday Track Events Day 1 - Saturday 5/14/2022 - Starts at 03:00 PM

	Event	Round
3:00 PM	#8 Men 110 Meter Hurdles 106 cms Open	Finals
3:00 PM	#6 Boys 110 Meter Hurdles 99 cms Under 20	Finals
3:00 PM	#4 Boys 110 Meter Hurdles 91 cms Under 18	Finals
3:10 PM	#2 Boys 100 Meter Hurdles 84 cms Juniors	Finals
3:20 PM	#7 Women 100 Meter Hurdles 84 cms Open	Finals
3:20 PM	#5 Girls 100 Meter Hurdles 84 cms Under 20	Finals
3:20 PM	#3 Girls 100 Meter Hurdles 76 cms Under 18	Finals
3:30 PM	#1 Girls 75 Meter Hurdles 76 cms Juniors	Finals
3:50 PM	#47 Girls 400 Meter Dash Under 18	Prelims
4:00 PM	#48 Boys 400 Meter Dash Under 18	Prelims
4:10 PM	#50 Men 400 Meter Dash Under 20	Prelims
4:20 PM	#51 Women 400 Meter Dash Open	Prelims
4:30 PM	#52 Men 400 Meter Dash Open	Prelims
4:40 PM	#43 Girls 400 Meter Dash Under 13	Finals
4:45 PM	#44 Boys 400 Meter Dash Under 13	Finals
4:50 PM	#45 Girls 400 Meter Dash Under 15	Finals
4:55 PM	#46 Boys 400 Meter Dash Under 15	Finals
5:10 PM	#23 Girls 100 Meter Dash Under 18	Prelims
5:25 PM	#24 Boys 100 Meter Dash Under 18	Prelims
5:35 PM	#26 Men 100 Meter Dash Under 20	Prelims
5:45 PM	#27 Women 100 Meter Dash Open	Prelims
5:55 PM	#28 Men 100 Meter Dash Open	Prelims
6:05 PM	#19 Girls 100 Meter Dash Under 13	Finals
6:10 PM	#20 Boys 100 Meter Dash Under 13	Finals
6:15 PM	#21 Girls 100 Meter Dash Under 15	Finals
6:22 PM	#22 Boys 100 Meter Dash Under 15	Finals
6:35 PM	#67 Girls 1500 Meter Run Under 18	Finals
6:35 PM	#71 Women 1500 Meter Run Open	Finals
6:45 PM	#68 Boys 1500 Meter Run Under 18	Finals
6:55 PM	#72 Men 1500 Meter Run Open	Finals
7:10 PM	#47 Girls 400 Meter Dash Under 18	Finals
7:17 PM	#48 Boys 400 Meter Dash Under 18	Finals
7:25 PM	#51 Women 400 Meter Dash Open	Finals
7:32 PM	#50 Men 400 Meter Dash Under 20	Finals
7:40 PM	#52 Men 400 Meter Dash Open	Finals
7:55 PM	#23 Girls 100 Meter Dash Under 18	Finals
8:02 PM	#24 Boys 100 Meter Dash Under 18	Finals
8:10 PM	#26 Men 100 Meter Dash Under 20	Finals
8:17 PM	#27 Women 100 Meter Dash Open	Finals
8:25 PM	#28 Men 100 Meter Dash Open	Finals

Session: 4 Sunday Track Events Day 2 - Sunday 5/15/2022 - Starts at 03:00 PM

	Event	Round
3:00 PM	#9 Girls 300 Meter Hurdles 76 cms Juniors	Finals
3:10 PM	#11 Girls 400 Meter Hurdles 76 cms Under 18	Finals
3:10 PM	#15 Women 400 Meter Hurdles 76 cms Open	Finals
3:20 PM	#12 Boys 400 Meter Hurdles 84 cms Under 18	Finals
3:20 PM	#16 Men 400 Meter Hurdles 91 cms Open	Finals
3:40 PM	#35 Girls 200 Meter Dash Under 18	Prelims
3:55 PM	#36 Boys 200 Meter Dash Under 18	Prelims
4:05 PM	#38 Men 200 Meter Dash Under 20	Prelims
4:15 PM	#39 Women 200 Meter Dash Open	Prelims
4:25 PM	#40 Men 200 Meter Dash Open	Prelims
4:35 PM	#31 Girls 200 Meter Dash Under 13	Finals
4:40 PM	#32 Boys 200 Meter Dash Under 13	Finals
4:45 PM	#33 Girls 200 Meter Dash Under 15	Finals
4:50 PM	#34 Boys 200 Meter Dash Under 15	Finals
5:05 PM	#61 Girls 800 Meter Run Under 18	Finals
5:05 PM	#65 Women 800 Meter Run Open	Finals
5:15 PM	#62 Boys 800 Meter Run Under 18	Finals
5:25 PM	#66 Men 800 Meter Run Open	Finals
5:45 PM	#73 Women 3000 Meter Run Open	Finals
5:45 PM	#74 Boys 3000 Meter Run Under 18	Finals
6:00 PM	#35 Girls 200 Meter Dash Under 18	Finals
6:07 PM	#36 Boys 200 Meter Dash Under 18	Finals
6:15 PM	#38 Men 200 Meter Dash Under 20	Finals
6:22 PM	#39 Women 200 Meter Dash Open	Finals
6:30 PM	#40 Men 200 Meter Dash Open	Finals

Session: 5 Sunday Field Events - UWI Day 2 - Sunday 5/15/2022 - Starts at 03:00 PM

Event		Eve	nt	Round
	3:00 PM	#99	Girls Shot Put 2.75kg Juniors	Finals
	3:00 PM	#101	Girls Shot Put 3kg Under 18	Finals
	3:00 PM	#103	Girls Shot Put 4kg Under 20	Finals
	3:00 PM	#105	Women Shot Put 4kg Open	Finals
	3:00 PM	#94	Boys Triple Jump Under 18	Finals
	3:00 PM	#97	Women Triple Jump Open	Finals
	3:00 PM	#98	Men Triple Jump Open	Finals
	4:00 PM	#80	Boys High Jump Under 18	Finals
	4:00 PM	#84	Men High Jump Open	Finals
	4:00 PM	#87	Girls Long Jump Under 18	Finals
	4:30 PM	#100	Boys Shot Put 4kg Juniors	Finals
	4:30 PM	#102	Boys Shot Put 5kg Under 18	Finals
	4:30 PM	#104	Boys Shot Put 6kg Under 20	Finals
	4:30 PM	#106	Men Shot Put 7.260kg Open	Finals
	5:30 PM	#91	Women Long Jump Open	Finals