



Draft Timetable: @ 6 December 2022

	Thursday 22 June		Friday 23 June		Saturday 24 June		Sunday 25 June		Monday 26 June	
	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field
Masters	60m (M+W)	Weight Throw (W)	100m (M+W)	Shot Put (M)	200m (M+W)	Hammer Throw (M)	400m (M+W)	Long Jump (M)	1500m (M+W)	Triple Jump (M+W)
	5000m (M+W)	Discus (M)	800m (M+W)	Discus Throw (W)	Long Hurdles (M+W)	Long Jump (W)	Sprint Hurdles (M+W)	High Jump (W)	3000m Race Walk (M+W)	Throws Pentathlon (M&W)
	5000m Track Walk (M+W)		Steeplechase (M+W)			High Jump (M)		Javelin Throw (M&W)	4x100 Relay (M+W)	
						Shot Put (W)		Weight Throw (M)	Distance Relay (M+W)	
								Hammer Throw (W)		
Combined Events	Heptathlon		Heptathlon				Pentathlon (M&W)		Throws Pentathlon (M&W)	
	Octathlon		Octathlon							
Out of Stadia			Cross Country		10000m Race Walk		Half Marathon			
Oceania Cup			100	Triple Jump	200	Javelin				
			400	High Jump	3000	Long Jump				
			1500	Discus	800	Hammer				
			Steeplechase	Shot Put	400H					
			110 H/100 H		4x100					
				4x400						

This timetable is draft and is subject to change.