

## ATHLETICS Daily Schedule Competition

- Thursday, June 30, 2022
- Afternoon

Timing	EVENT	Gander	STEPS
17.30	400m H	Male	1st round
17.40	Hammer Throw	Female	Final
17.50	400m H	Female	1st round
18.15	100m	Female	1st round
18.20	<a href="#">triple jump</a>	Male	Final
18.35	100m	Male	1st round
19.00	Hammer Throw	Female	<b>medal ceremony</b>
19.10	1500m	Male	1st round
19.20	Shot Put	Male	Final
19.25	Discus Throw	Female	Final
19.30	800m	Female	1st round
19.40	<a href="#">triple jump</a>	Male	<b>medal ceremony</b>
19.50	3000m Steeple	Male	Final
20.10	100m T11	Female	Final
20.20	100m	Female	Final
20.30	100m T 11	Male	Final
20.32	3000 Steeple	Male	<b>medal ceremony</b>
20.40	100m T11	Female	<b>medal ceremony</b>
20.45	Discus Throw	Female	<b>medal ceremony</b>
20.50	100m	Male	Final
20.55	100m	Female	<b>medal ceremony</b>
21.00	Shot Put	Male	<b>medal ceremony</b>
21.05	100m T11	Male	<b>medal ceremony</b>
21.10	100m	Male	<b>medal ceremony</b>

### Friday, July 1, 2022

- Morning

Timing	EVENT	Gander	STEPS
08.00	Half marathon	Female	Final
08.00	Half marathon	Male	Final
09.45	Half marathon	Female	<b>medal ceremony</b>
09.50	Half marathon	Male	<b>medal ceremony</b>

➤ **Afternoon**

Timing	EVENT	Gander	STEPS
18.00	Hammer Throw	Male	Final
18.05	400m	Male	1st round
18.05	<a href="#">high jump</a>	Male	Final
18.20	Long Jump	Female	Final
18.30	400m	Female	1st round
18.50	800m	Male	1st round
19.15	400m H	Female	Final
19.22	Hammer Throw	Male	<b>medal ceremony</b>
19.30	400m H	Male	Final
19.45	3000m steeple	Female	Final
19.57	400m H	Female	<b>medal ceremony</b>
20.02	400m H	Male	<b>medal ceremony</b>
20.10	4X100m	Female	Final
20.15	Long Jump	Female	<b>medal ceremony</b>
20.20	4X100m	Male	Final
20.25	3000m Steeple	Female	<b>medal ceremony</b>
20.30	Long Jump	Male	<b>medal ceremony</b>
20.35	4X100m	Female	<b>medal ceremony</b>
20.40	4X100m	Male	<b>medal ceremony</b>

- **Saturday, July 02, 2022**
- **Afternoon**

Timing	EVENT	Gander	STEPS
18.00	110m Hurdles	Male	1st round
18.00	Javelin throw	Female	Final
18.15	<a href="#">pole vault</a>	Male	Final
18.20	100m Hurdles	Female	1st round
18.40	200m	Female	1st round
18.55	200m	Male	1st round
19.00	<a href="#">triple jump</a>	Female	Final
19.10	800m	Female	Final
19.20	400m T 34 / 51-52-53-54	Male	Final
19.25	Javelin throw	Male	Final
19.30	400m	Female	Final
19.35	Javelin throw	Female	<b>medal ceremony</b>
19.40	400m T 34 / 51-52-53-54	Female	Final
19.50	400m	Male	Final
19.55	800m	Female	<b>medal ceremony</b>
20.00	1500m T 45-46	Male	Final
20.06	400m T 34/51-52-53-54	Male	<b>medal ceremony</b>
20.15	1500m	Male	Final
20.22	400m	Female	<b>medal ceremony</b>
20.26	400m T34/51-52-53-54	Female	<b>medal ceremony</b>
20.32	5000m	Female	Final
20.50	400m	Male	<b>medal ceremony</b>
20.55	<a href="#">pole vault</a>	Male	<b>medal ceremony</b>
21.00	<a href="#">triple jump</a>	Female	<b>medal ceremony</b>
21.05	1500m T45-46	Male	<b>medal ceremony</b>

- **Sunday, July 03, 2022**
- **Afternoon**

Timing	EVENT	Gander	STEPS
18.00	<a href="#">high jump</a>	Female	Final
18.05	Discus Throw	Male	Final
18.10	200m	Female	Final
18.13	Javelin throw	Male	<b>medal ceremony</b>
18.20	200m	Male	Final
18.25	1500m	Male	<b>medal ceremony</b>
18.30	<a href="#">long jump</a>	Male	Final
18.30	5000m	Female	<b>medal ceremony</b>
18.35	800m	Male	Final
18.42	200m	Female	<b>medal ceremony</b>
18.50	1500m	Female	Final
18.52	200m	Male	<b>medal ceremony</b>
19.05	100m Hurdles	Female	Final
19.10	800m	Male	<b>medal ceremony</b>
19.20	110m Hurdles	Male	Final
19.25	1500m	Female	<b>medal ceremony</b>
19.29	Discus Throw	Male	<b>medal ceremony</b>
19.35	5000m	Male	Final
19.52	100m Hurdles	Female	<b>medal ceremony</b>
19.58	110m Hurdles	Male	<b>medal ceremony</b>
20.05	4X400m	Female	Final
20.13	High Jump	Female	<b>medal ceremony</b>
20.18	Long Jump	Male	<b>medal ceremony</b>
20.25	4X400m	Male	Final
20.33	5000m	Male	<b>medal ceremony</b>
20.40	4x400m	Female	<b>medal ceremony</b>
20.48	4x400m	Male	<b>medal ceremony</b>