

**48<sup>th</sup> ANNUAL ATHLETIC MEET 2021-22**  
**PROPOSED PROGRAMME 4<sup>th</sup> WEEK FEBRUARY, 2022**

<b>MORNING SESSION</b>			
<b>EVENT</b>	<b>SECTION</b>	<b>TRIAL</b>	<b>TIME</b>
1500 MTS RUN	MEN	HEAT	10.30
DISCUS THROW	MEN	FINAL	10.30
1500 MTS RUN	WOMEN	S.FINAL	10.45
100 MTS RUN	MEN	HEAT	11.00
100 MTS RUN	WOMEN	HEAT	11.45
400 MTS RUN	MEN	HEAT	12.15
<b>EVENING SESSION</b>			
400 MTS RUN	WOMEN	HEAT	2.30
LONG JUMP	MEN	FINAL	2.45
SHOT PUT	WOMEN	FINAL	2.45
800 MTS RUN	MEN	S. FINAL	3.00
200 MTS RUN	MEN	HEAT	3.15
200 MTS RUN	WOMEN	HEAT	3.45
SHOT PUT	MEN	FINAL	3.45
400 MTS RUN	MEN	S. FINAL	4.15
400 MTS RUN	WOMEN	S. FINAL	4.30
1500 MTS RUN	MEN	S.FINAL	5.00
1500 MTS RUN	WOMEN	FINAL	5.15

**4<sup>th</sup> WEEK FEBRUARY, 2022**

<b>MORNING SESSION</b>			
<b>EVENT</b>	<b>SECTION</b>	<b>TRIAL</b>	<b>TIME</b>
5000 MTS RUN	MEN	FINAL	7.00
5000 MTS RUN	WOMEN	FINAL	7.30
200 MTS RUN	MEN	S. FINAL	8.00
LONG JUMP	WOMEN	FINAL	8.00
800 MTS RUN	WOMEN	S. FINAL	8.10
200 MTS RUN	WOMEN	S. FINAL	8.20
DISCUS THROW	WOMEN	FINAL	9.00
4 x 400 MTS RELAY	MEN	HEAT	9.15
4 x 400 MTS RELAY	WOMEN	S. FINAL	9.30
HIGH JUMP	MEN	FINAL	9.30
HAMMER THROW	MEN	FINAL	9.40
4 x 100 MTS RELAY	MEN	HEAT	10.30
4 x 100 MTS RELAY	WOMEN	HEAT	11.00
<b>EVENING SESSION</b>			
110 MTS HURDLES	MEN	FINAL (Time Trial)	2.45
100 MTS HURDLES	WOMEN	FINAL (Time Trial)	3.00
TRIPLE JUMP	MEN	FINAL	3.00
JAVELIN THROW	WOMEN	FINAL	3.00
400 MTS HURDLES	MEN	FINAL (Time Trial)	3.30
400 MTS HURDLES	WOMEN	FINAL (Time Trial)	3.45
HIGH JUMP	WOMEN	FINAL	3.45
400 MTS RUN	MEN	FINAL	4.15
400 MTS RUN	WOMEN	FINAL	4.20
4 x 100 MTS RELAY	MEN	S. FINAL	4.30
4 x 100 MTS RELAY	WOMEN	S.FINAL	4.45
1500 MTS RUN	MEN	FINAL	5.00

**4<sup>th</sup> WEEK FEBRUARY, 2022**

<b>MORNING SESSION</b>			
<b>EVENT</b>	<b>SECTION</b>	<b>TRIAL</b>	<b>TIME</b>
10000 MTS RUN	MEN	FINAL	7.30
TRIPLE JUMP	WOMEN	FINAL	8.00
JAVELIN THROW	MEN	FINAL	8.00
800 MTS RUN	WOMEN	FINAL	8.30
4 x 400 MTS RELAY	MEN	S.FINAL	8.50
100 MTS RUN	MEN	S. FINAL	9.00
100 MTS RUN	WOMEN	S. FINAL	9.10
800 MTS RUN	MEN	FINAL	9.20
POLE VAULT	MEN	FINAL	9.45
HAMMER THROW	WOMEN	FINAL	10.00
200 MTS RUN	MEN	FINAL	10.00
200 MTS RUN	WOMEN	FINAL	10.10
LONG JUMP	HANDICAP MEN	FINAL	10.15
LONG JUMP	HANDICAP WOMEN	FINAL	10.30
4 x 400 MTS RELAY	MEN	FINAL	10.45
4 x 400 MTS RELAY	WOMEN	FINAL	11.00
<b>EVENING SESSION</b>			
50 MTS RUN	HANDICAP MEN	FINAL	2.00
SHOT PUT	HANDICAP WOMEN	FINAL	2.00
50 MTS RUN	HANDICAP WOMEN	FINAL	2.15
SHOT PUT	HANDICAP MEN	FINAL	2.15
100 MTS RUN	MEN	FINAL	2.30
100 MTS RUN	WOMEN	FINAL	2.45
4 x 100 MTS RELAY	MEN	FINAL	3.00
4 x 100 MTS RELAY	WOMEN	FINAL	3.10