

POL-ITE Track & Field Championships 2022

Date: 16 and 19 Nov 2022

Home of Athletic

16 November 2022 (Wednesday, evening)				
Event No.	Time	Event	Category	Status
201	1730	Triple Jump	Men	Final
202	1730	High Jump	Women	Final
203	1730	Discus	Men	Final
204	1730	400m	Women	Timed Final
205	1745	400m	Men	Timed Final
206	1800	5,000m	Women	Final
207	1830	10,000m	Men	Final
19 November 2022 (Saturday, morning)				
Event No.	Time	Event	Category	Status
301	0800	Shot Put	Women	Final
302	0800	Javelin	Men	Final
303	0800	Long Jump	Women	Final
304	0800	3,000m SC	Men	Final
305	0820	200m	Women	Timed Final
306	0830	200m	Men	Timed Final
307	0850	400m Hurdles	Women	Final
308	0900	400m Hurdles	Men	Final
309	0930	800m	Women	Final
310	0940	800m	Men	Final
Prize Presentation #1 (Shot Put(W), Javelin(M), Long Jump(W), High Jump(W), 3000mSC, 200m, 400mH, 800m, 5000m, 10000m)				
19 November 2022 (Saturday, afternoon)				
Event No.	Time	Event	Category	Status
311	1400	Shot Put	Men	Final
312	1400	Discus	Women	Final
313	1400	Triple Jump	Women	Final
314	1400	High Jump	Men	Final
315	1400	100m Hurdles	Women	Final
316	1410	110m Hurdles	Men	Final
317	1420	100m	Women	Timed Final
318	1430	100m	Men	Timed Final
319	1440	1,500m	Women	Final
320	1455	1,500m	Men	Final
Prize Presentation #2 Triple Jump(M), Discus(M), Shot Put(M), Discus(W), Triple Jump (W), 400m, 100mH, 110mH, 100m, 1500m				
321	1600	Long Jump	Men	Final
322	1600	Javelin	Women	Final
323	1600	4 x 100m Relay	Women	Final
324	1610	4 x 100m Relay	Men	Final
325	1620	5,000m	Men	Final
326	1700	4 x 400m Relay	Women	Final
327	1715	4 x 400m Relay	Men	Final
Final Prize Presentation (Rest of the events and Trophies)				

