

# 2022 NEO Quad Schedule

## Track Events

2pm - 1500m – Men

1500m – Women

100m – Men – Final

100m – Women – Final

110h – Men – Final

100h – Women – Final

400m – Men

400m - Women

800m – Men

800m - Women

3000m – Men

3000m – Women

200m – Men

200m - Women

4x4m – Men

4x4m – Women

## Field Events

10:30am – Men's HT

To Follow – Women's HT

~12:30pm - Men's Shot Put

To Follow – Women's Shot Put

~2:30pm - Men's Discus

To Follow - Women's Discus

10:30am – Men's High Jump

To Follow – Women's High Jump

11:00am - Women's Long Jump

To follow - Men's Long Jump

To follow - Women's Triple Jump

To follow - Men's Triple Jump

10:30am - Women's Pole Vault

To follow - Men's Pole Vault