



2022 CANADA WEST TRACK & FIELD CHAMPIONSHIPS SCHEDULE

**MARCH 18-19
JAMES DALY FIELDHOUSE
UNIVERSITY OF MANITOBA**

FRIDAY, MARCH 18

1:00pm	M	Long Jump	FINAL
1:45pm	M	60m Heptathlon	
1:50pm	W	60m Hurdles Pentathlon	
2:00pm	W	60m Hurdles	Heats
2:10pm	M	60m Hurdles	Heats
3:00pm	M	Weight Throw	FINAL
3:00pm	M	Long Jump Heptathlon	
3:15pm	W	High Jump Pentathlon	
3:15pm	W	1000m	TIMED FINALS
3:30pm	M	1000m	TIMED FINALS
3:50pm	W	300m	Heats
4:05pm	M	300m	Heats
4:30pm	W	Shot Put Pentathlon	
4:30pm	W	3000m	TIMED FINALS
4:45pm	M	3000m	TIMED FINALS
5:30pm	M	Shot Put Heptathlon	
5:45pm	W	Long Jump Pentathlon	
6:00pm	W	Pole Vault	FINAL
6:10pm	W	60m Hurdles	FINAL
6:20pm	M	60m Hurdles	FINAL
6:45pm	W	300m	TIMED FINALS
7:00pm	M	300m	TIMED FINALS
7:00pm	W	Long Jump	FINAL
7:00pm	M	High Jump Heptathlon	
7:15pm	W	Shot Put	FINAL
7:15pm	W	800m Pentathlon	
8:00pm	W	4 x 800m Relay	FINAL
8:15pm	M	4 x 800m Relay	FINAL

SATURDAY, MARCH 19

11:00am	M	60m Hurdles Heptathlon	
11:30am	M	Triple Jump	FINAL
12:00pm	M	Pole Vault Heptathlon	
12:00pm	W	60m	Heats
12:20pm	M	60m	Heats
12:50pm	W	600m	TIMED FINALS
1:10pm	M	600m	TIMED FINALS
1:30pm	W	60m	FINAL
1:35pm	M	60m	FINAL
2:10pm	W	High Jump	FINAL
2:10pm	W	Weight Throw	FINAL
2:15pm	W	Triple Jump	FINAL
2:30pm	M	Pole Vault	FINAL
2:30pm	M	1000m Heptathlon	
2:45pm	W	4 x 200m Relay	FINAL
2:55pm	M	4 x 200m Relay	TIMED FINALS
3:15pm	W	1500m	TIMED FINALS
3:30pm	M	Shot Put	FINAL
3:30pm	M	High Jump	FINAL
3:35pm	M	1500m	TIMED FINALS
4:20pm	W	4 x 400m Relay	FINAL
4:30pm	M	4 x 400m Relay	TIMED FINALS

AWARDS

All events from the weekend / Major award winners