

Atlantic Outdoor Track and Field Championships
July 22-24th - 2022 Dartmouth, Nova Scotia

SATURDAY, July 23					
Time	Event	Round	Gender	Category	Note
12:00	100m	Dec	M	U18, U20, Senior	
12:10	80m H	F	F	U14	30"
12:15	80m H	F	F	U16	30"
12:20	100m H	F	F	U18	30"
12:25	100m H	Hept	F	U20, Senior	33"
12:30	100m H	F	F	U20, Senior	33"
12:35	100m H	M	M	U16	33"
12:40	110m H	M	M	Senior	42"
12:50	1500m	F	F	U18, U20, Senior, Mas	
13:00	1500m	F	M	U18, U20, Senior, Mas	
13:15	1200m	F	F	U14, U16	
13:20	1200m	F	M	U14, U16	
13:30	80m	F	F	U14	
13:35	80m	F	M	U14	
13:40	100m	P	F	U16, U18, U20, Sen, Mas	
14:10	100m	P	F	Special Olympics	
14:15	100m	P	M	U16, U18, U20, Sen, Mas	
14:45	100m	P	M	Special Olympics	
14:50	Track Break				
15:20	300m	F	F	U16	
15:30	300m	F	M	U16	
15:40	400m	F	F	U18, U20 Senior, Mast	
15:55	400m	F	M	U18, U20, Senior, Mas	
16:10	200m	Hept	F	U18, U20, Senior	
16:15	100m	F	F	U16	
16:20	100m	F	F	U18	
16:25	100m	F	F	U20	
16:30	100m	F	F	Senior	
16:35	100m	F	F	Masters	
16:40	100m	F	F	Special Olympics	
16:45	100m	M	M	U16	
16:50	100m	M	M	U18	
16:55	100m	M	M	U20	
17:00	100m	M	M	Senior	
17:05	100m	M	M	Masters	
17:10	100m	M	M	Special Olympics	

17:15	400m	Dec	M	U18, U20, Senior		
17:20	4x100m	F	F	U18, U20, Senior, Mas		
17:30	4x100m	F	M	U18, U20, Senior, Mas		
SUNDAY, July 24						
<u>Time</u>	<u>Event</u>	<u>Round</u>		<u>Category</u>	<u>Note</u>	
9:00	5000m	F	F/M	U20, Senior, Masters		
9:30	110mH	Dec	M	U18, U20, Senior	36",39"	
9:40	1500m SC	F	M/F	U16	30", No	
9:50	2000m SC	F	F	U18	30"	
10:00	3000m SC	F	F	U20, Senior	30"	
10:15	2000m SC	F	M	U18	33"	
10:30	3000m SC	F	M	U20, Senior	36"	
10:45	60m	Tet	F/M	All		
10:55	800m	F	F	U14, U16		
11:05	800m	F	F	U18		
11:10	800m	F	F	U20, Senior, Masters		
11:20	800m	F	M	U14, U16		
11:30	800m	F	M	U18		
11:35	800m	F	M	U20 Senior, Masters		
11:45	200m H	F	F	U16	30"	
11:50	200m H	F	M	U16	30"	
11:55	400m H	F	F	U18, U20, Senior, Mas	30"	
12:00	400m H	F	M	U18, U20, Senior	33"/36"	
12:05	200m	P	F	U16, U18		
12:20	200m	P	F	U20 Senior, Masters		
12:30	200m	P	F	Special Olympics		
12:35	200m	P	M	U16, U18		
12:45	200m	P	M	U20, Senior, Masters		
12:55	200m	P	M	Special Olympics		
13:00	600m	Tet	F/M	All		
13:10	800m	Hept	F	U18, U20, Senior		
13:15	Track Break					
13:45	1500m	Dec	M	U18, U20, Senior		
13:55	2000m	F	F	U16		
14:05	2000m	F	M	U16		
14:15	3000m	F	F	U18, U20, Senior		
14:30	3000m	F	M	U18, U20, Senior		
14:45	150m	F	F	U14		
14:55	150m	F	M	U14		
15:00	200m	F	F	U16		

15:05	200m	F	F	U18	
15:10	200m	F	F	U20	
15:15	200m	F	F	Senior	
15:20	200m	F	F	Masters	
15:25	200m	F	F	Special Olympics	
15:30	200m	M	M	U16	
15:35	200m	M	M	U18	
15:40	200m	M	M	U20	
15:45	200m	M	M	Senior	
15:50	200m	M	M	Masters	
15:55	200m	M	M	Special Olympics	
16:00	800m Medley	F	F	U16	
16:05	4x400m	F	F	U18, U20 Senior, Mast	
16:15	4x400m	F	M	U18, U20 Senior, Mast	

Atlantic Track & Field Championships 2022

July 22-24 2022, Dartmouth, NS

Saturday, July 23 Field Events

Time	Triple Jump	Long Jump	High Jump	Shot Put	Hammer	Javelin		
12:00	Male				Female			
12:15								
12:30								
12:45								
13:00						U20, Senior, Masters - Male		
13:15								
13:30		M - Dec	Hep			U14, U16, U18 - Male		
13:45								
14:00								
14:15			Female					
14:30								
14:45								
14:55					Hept, Dec			
15:00						U14, U16, U18 - Female		
15:15								
15:30								
15:45		F - Pent	Dec					
16:00								
16:15			Male	Seated Throws	Male			
16:30	Female							
16:45								
17:00							U20, Senior, Masters - Female	
17:15								
17:30								
17:45								

Sunday, July 24 Field Events

Time	Tetrathlon	Long Jump	Pole Vault	Shot Put	Discus	Javelin
9:00		Heptathlon		U14, U16, U18 - Female		U20, Senior, Masters - Male
9:15						
9:30						
9:45		U14, U16, U18 - Male				Heptathlon
10:00						
10:15						Decathlon
10:30						
10:45	60m				U14, U16, U18	

11:00			Decathlon		- Male		
11:15	Shot Put	U14, U16 - Female	Decathlon				
11:30							
11:45						U14, U16, U18 - Female	
12:00	Long Jump						
12:15						Decathlon	
12:30			Male and Female		Seated Throws	U20, Senior, Masters - Female	
12:45							
13:00	600m						
13:15		U18, U20, Senior - Female					
13:30							
13:45							
14:00				U14, U16, U18 - Male	U20, Senior, Masters - Male		
14:15							
14:30							
14:45		U20, Senior, Masters - Male			U20, Senior, Masters - Female		
15:00							
15:15							
15:30							