

1ST DAY : 21 MAY 2022 (SATURDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
101	0800	3000m Walk	Women	35 – 54
102	0800	Shot Put (4 Kg)	Women	35 - 39
103	0800	Discus (2 Kg)	Men	35 - 49
104	0800	Long Jump	Men	35 - 39
105	0830	3000m Walk	Women	55 and above
106	0845	Shot Put (4 Kg)	Women	40 - 49
107	0845	Discus (1.5 Kg)	Men	50 - 59
108	0845	Long Jump	Men	40 - 49
109	0900	5000m Walk	Men	65 and above
110	0930	Shot Put (3 Kg)	Women	50 - 59
111	0930	Discus (1 Kg)	Men	60 - 69
112	0930	Long Jump	Men	50 - 59
113	0940	5000m Walk	Men	50 – 64
114	1015	Long Jump	Men	60 and above
115	1015	Discus (1 Kg)	Men	70 and above
116	1015	Shot Put (3 Kg)	Women	60 - 74
117	1020	5000m Walk	Men	35 – 49
118	1100	Shot Put (2 Kg)	Women	75 and above
119	1100	1500m	Women	50 and above
120	1115	1500m	Women	35 – 49
121	1130	1500m	Men	55 and above
122	1145	1500m	Men	50 – 54
123	1200	1500m	Men	45 – 49
124	1215	1500m	Men	35 – 44

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
125	1400	100m	Women	35 - 39
126	1415	100m	Women	40 – 44
127	1430	100m	Women	45 - 49
128	1430	High Jump	Men	35 - 59
129	1430	Javelin (800gm)	Men	35 - 49
130	1430	Discus (1 Kg)	Women	35 - 49
131	1430	Triple Jump	Women	35 - 49
132	1445	100m	Women	50 and above
133	1500	100m	Men	35 - 39
134	1515	100m	Men	40 - 44
135	1515	Javelin (700 gm)	Men	50 - 59
136	1515	Discus (1 Kg)	Women	50 - 59
137	1515	Triple Jump	Women	50 - 59
138	1530	100m	Men	45-49
139	1545	100m	Men	50-54
140	1600	100m	Men	55-59
141	1600	High Jump	Men	60 and above
142	1600	Javelin (600 gm)	Men	60 - 69
143	1600	Discus (1 Kg)	Women	60 - 74
144	1600	Triple Jump	Women	60 - 74
145	1615	100m	Men	60-64
146	1630	100m	Men	65 and above
147	1645	400m	Women	35 - 44
148	1645	Javelin (500 gm)	Men	70 – 79
149	1645	Discus (0.75 Kg)	Women	75 and above
150	1645	Triple Jump	Women	75 and above
151	1700	400m	Women	45 and above
152	1715	400m	Men	35-39
153	1730	400m	Men	40-44
154	1730	Javelin (400 gm)	Men	80 and above
155	1745	400m	Men	45-49
156	1800	400m	Men	50-54
157	1815	400m	Men	55 and above

2ND DAY : 22 MAY 2022 (SUNDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
201	0800	3000m	Women	50 and above
202	0800	High Jump	Women	35 - 59
203	0800	Javelin (600 gm)	Women	35 - 49
204	0800	Triple Jump	Men	35 - 49
205	0800	Shot Put (7.26 Kg)	Men	35 - 49
206	0830	3000m	Women	35 - 49
207	0845	Javelin (500 gm)	Women	50 - 59
208	0845	Triple Jump	Men	50 - 59
209	0845	Shot Put (6 Kg)	Men	50 - 59
210	0900	200m	Women	35 - 39
211	0915	200m	Women	40 - 44
212	0930	200m	Women	45 - 49
213	0930	Shot Put (5 Kg)	Men	60 - 69
214	0930	Triple Jump	Men	60 - 74
215	0930	Javelin (500 gm)	Women	60 - 74
216	0945	200m	Women	50 and above
217	1000	High Jump	Women	60 and above
218	1000	200m	Men	35 - 39
219	1015	Javelin (400 gm)	Women	75 and above
220	1015	Triple Jump	Men	75 and above
221	1015	Shot Put (4 Kg)	Men	70 - 79
222	1015	200m	Men	40 - 44
223	1030	200m	Men	45 - 49
224	1045	200m	Men	50 - 54
225	1100	Shot Put (3 Kg)	Men	80 and above
226	1100	200m	Men	55 and above
227	1115	800m	Women	50 and above
228	1130	800m	Women	35 - 49
229	1145	800m	Men	55 and above
230	1200	800m	Men	50 - 54
231	1215	800m	Men	45 - 49
232	1230	800m	Men	40 - 44
233	1245	800m	Men	35 - 39

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
234	1400	Long Jump	Women	35 - 49
235	1400	100m H (.840)	Women	35 - 39
236	1415	100m H (.840)	Men	60 - 69
237	1430	100m H (.914)	Men	50 - 59
238	1445	Long Jump	Women	50 - 59
239	1445	110m H (.991)	Men	45 - 49
240	1500	110m H (.991)	Men	40 - 44
241	1515	110m H (.991)	Men	35 - 39
242	1530	Long Jump	Women	60 - 74
243	1530	5000m	Men	35 - 49
244	1600	4 x 100m	Women	Open
245	1615	Long Jump	Women	75 and above
246	1615	4 x 100m	Men	Open
247	1630	5000m	Men	50 - 59
248	1700	5000m	Men	60 and above
249	1745	4 x 400m	Women	Open
250	1800	4 x 400m	Men	Open
1815	Presentation of Prizes			