

# IVP TRACK & FIELD Meet 2022/23

4, 7, & 8 JANUARY 2023

Home of Athletics

## Event Programme

### 4 Jan 2023, DAY 1 - WEDNESDAY

Event No.	Time	Event	Category	Status	No.
	1800	Long Jump	Men	Final	17
	1800	Shot Put	Women	Final	8
	1800	200M	Women	Heats	17
	1810	200M	Men	Heats	26
	1835	800M	Women	Timed Finals	18
	1850	10000M	Women	Final	7
	1950	10000M	Men	Final	18
	2000	Prize Presentation #1			
	2030	Prize Presentation #2			

### 7 Jan 2023, DAY 2 - SATURDAY

Event No.	Time	Event	Category	Status	No.
	830	Javelin	Women	Final	9
	830	High Jump	Women	Final	11
	830	Shot Put	Men	Final	12
	830	3000M RW	Women	Final	7
	915	3000M RW	Men	Final	9
	950	100M	Women	Heats	21
	1010	100M	Men	Heats	23
	1030	400M	Women	Heats	18
	1050	400M	Men	Heats	25
	1110	110M Hurdles	Men	Final	5
	1120	100M Hurdles	Women	Final	4
	1130	Prize Presentation #1			
	1400	High Jump	Men	Final	9
	1400	Long Jump	Women	Final	18
	1400	Javelin	Men	Final	12
	1500	100M	Men	Final	8
	1510	100M	Women	Final	8
	1520	1500M	Women	Timed Finals	19
	1535	1500M	Men	Timed Finals	22
	1550	Prize Presentation #2			
	1610	400M	Men	Final	8
	1620	400M	Women	Final	8
	1700	5000M	Men	Final	22
	1745	4 x 100M	Men	Timed Finals	11
	1805	4 x 100M	Women	Timed Finals	9
	1825	Prize Presentation #3			

Event Programme

**8 Jan 2023, DAY 3 - SUNDAY**

Event No.	Time	Event	Category	Status	No.
	830	Discus	Women	Final	8
	830	Triple Jump	Men	Final	13
	830	Pole Vault	Men	Final	5
	830	3000M SC	Men	Final	17
	910	3000M SC	Women	Final	4
	940	800M	Men	Timed Finals	23
	1000	Prize Presentation #1			
	1400	Discus	Men	Final	12
	1400	Triple Jump	Women	Final	8
	1400	Pole Vault	Women	Final	2
	1500	200M	Women	Final	8
	1510	200M	Men	Final	8
	1525	400M Hurdles	Men	Timed Finals	13
	1540	400M Hurdles	Women	Timed Finals	7
	1550	Prize Presentation #2			
	1630	4 x 100M	Women	Final	8
	1640	4 x 100M	Men	Final	8
	1700	5000M	Women	Final	19
	1730	4 x 400m	Women	Timed Finals	10
	1755	4 x 400m	Men	Timed Finals	11
	1810	Prize Presentation #3			