

2022 NW Region - Athletics Event Order

Start	Field Event	Gender	Flights
8:45	Shot Put	M	200-210
-	W/C Shot	M/F	-
9:00	Standing Long Jump	M	211-214
-	Running Long Jump & PENT	M	215-219
9:00	Tennis Ball Throw	M	220
-	Softball Throw	M	221-229
9:15	Mini-Javelin Throw	M	230-234
10:45	Shot Put PENT	PENT	-

Start	Field Event	Gender	Flights
11:00	Shot Put	F	235-239
11:00	Tennis Ball Throw	F	240
-	Softball Throw	F	241-247
11:15	Mini-Javelin Throw	F	248-249
11:15	High Jump & PENT	M/F	-
11:30	Running Long Jump	F	250
-	Standing Long Jump	F	251

Start	Track Event	Gender	Heats
8:00	10k Race (25 laps)	M/F	01
8:00	5k Walk/Unified Walk (12.5 laps)	M/F	-
8:00	5k Race/Unified Race (12.5 laps)	M/F	02-03
-	110m Hurdles	M	-
-	100m Hurdles	F	-
-	100m PENT	PENT	-
-	25m W/C Obstacle	M/F	04
-	25m W/C Race	M/F	05
-	25m A/W	M/F	06
-	25m G/W	M/F	07
-	25m G/R	M/F	08
9:15	100m Walk	F	09-13
-	100m Dash	F	14-20
-	400m W/C Race	M/F	-
-	400m Walk	F	21-22
-	400m Dash	F	23
-	1.5k Walk/Unified Walk (3.75 laps)	M/F	24
-	1.5k Run (3.75 laps)	M/F	25
-	50m A/W	F	26
-	50m G/W	F	27
-	50m Walk	F	28
-	50m G/R	F	-
-	50m Dash	F	29-31
-	800m Walk	F	32
-	800m Run	F	-
-	100m W/C Race	M/F	-

Start	Track Event	Gender	Heats
-	100m G/W	M/F	33-34
-	100m Walk	M	35-38
-	100m Dash	M	39-58
-	10m W/C Race	M/F	59
-	10m A/W	M/F	-
-	10m G/W	M/F	60
-	400m Walk	M	61-62
-	400m Dash & PENT	M	63-68
-	3k Road Race	M/F	-
-	3k Unified Team Run	M/F	-
-	200m W/C	M/F	-
-	200m Walk	M/F	81-90
-	200m Dash	M/F	91-116
-	30m Motorized W/C Slalom	M/F	69
-	30m Non-Motorized W/C Slalom	M/F	-
-	50m G/W	M	70-72
-	50m G/R	M	124-125
-	50m Walk	M	73-74
-	50m Dash	M	75-77
-	50m Motorized W/C Slalom	M/F	78
-	800m Walk	M	79
-	800m Run	M	80
-	4 x 100m Relay	M/F	117-120
-	4 x 100m Unified Relay	M/F	121-123
-	4 x 200m Relay	M/F	-
-	4 x 200m Unified Relay	M/F	-
-	4 x 400m Unified Relay	M/F	-