

Final Competition Schedule

For live results and split times visit: <https://bit.ly/2023-cma-indoor>

Saturday, February 25, 2022				
Track Events				
Sections will be run Oldest to Youngest				
Time	Event	Round	Gender	Age Group (# of athletes)
9:15	60m Hurdles	Pentathlon	Women	All Ages (2)
9:30	60m Hurdles	Pentathlon	Men	All Ages (10)
10:00	60m Hurdles	Timed Final	Women	All Ages (8)
10:15	60m Hurdles	Timed Final	Men	All Ages (15)
10:30	1500m RW	Timed Final	Women	All Ages (8)
10:50	1500m RW	Timed Final	Men	All Ages (8)
11:05	50m	Prelim	Women	All Ages (18)
11:20	50m	Prelim	Men	All Ages (52)
11:45	50m	Final	Women	All Ages
12:00	50m	Final	Men	All Ages
12:25	800m	Timed Final	Women	All Ages (12)
12:35	800m	Timed Final	Men	All Ages (38)
	Track Break			
1:45	200m	Timed Final	Women	All Ages (17)
2:10	200m	Timed Final	Men	All Ages (56)
3:00	3000m	Timed Final	Women	All Ages (5)
3:15	3000m	Timed Final	Men	All Ages (26)
4:00	4x400m	Timed Final	Women	All Ages
4:10	4x400m	Timed Final	Men	All Ages
TBD	800m	Pentathlon	Women	All Ages (2)
TBD	1000m	Pentathlon	Men	All Ages (10)

Saturday, February 25, 2022					
Field Events					
Time	Throws	Vertical Jumps	Vertical Jumps	Horizontal Jumps	Horizontal Jumps
8:15	Warmup				
8:30					
8:45	Weight Throw (15) All Women 8:45am				
9:00					
9:15					
9:30		Warmup			
9:45					
10:00	Warmup	High Jump (2) Women Pentathlon 10:00am	Warmup	Warmup	
10:15					
10:30	Shot Put (7) Flight 1 W55+ 10:30am				Pole Vault (17) Men & Women 11:00am
10:45					
11:00					
11:15					
11:30	Warmup			Warmup	
11:45					
12:00	Shot Put (12) Women/Men Pentathlon 12:00pm			Long Jump (7) All Women 12:00pm	
12:15					
12:30					
12:45					
1:00				Warmup	
1:15	Warmup	Warmup			Warmup
1:30				Long Jump Pit 1 (2) Women Pentathlon 1:30pm	Long Jump Pit 2 (14) Flight 1 M65+ 1:45pm
1:45	Shot Put (12) Flight 2 W30 – W54 1:45pm	High Jump (10) Men Pentathlon 1:45pm			
2:00					
2:15					Warmup
2:30					
2:45				Long Jump Pit 1 (15) Flight 2 M30 – M64 2:45pm	
3:00					
3:15					
3:30					

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Sunday, February 26, 2022				
Sections will be Oldest to Youngest				
Time	Event	Round	Gender	Age Group (# of athletes)
11:15	50m Hurdles	Timed Final	Women	All Ages (4)
11:30	50m Hurdles	Timed Final	Men	All Ages (12)
11:50	1500m	Timed Final	Women	All Ages (8)
12:00	1500m	Timed Final	Men	All Ages (39)
12:30	60m	Prelims	Women	All Ages (26)
12:45	60m	Prelims	Men	All Ages (63)
	Track Break			
1:55	60m	Final	Women	All Ages
2:10	60m	Final	Men	All Ages
2:40	400m	Timed Final	Women	All Ages (10)
2:50	400m	Timed Final	Men	All Ages (34)
3:15	3000m RW	Timed Final	Women & Men	All Ages (13)
3:40	4x200m	Timed Final	Women	All Ages
	4x200m	Timed Final	Men	All Ages
3:50	4x800m	Timed Final	Women	All Ages
	4x800m	Timed Final	Men	All Ages

Sunday, February 26, 2022					
Field Events					
Time	East Circle Warmup	Throws	Vertical Jumps	Horizontal Jumps	Horizontal Jumps
8:15		Warmup			
8:30					
8:45		Weight Throw (14)			
9:00		Flight 1: M65+			
9:15		8:45am			
9:30			Warmup		
9:45	Warmup				
10:00	East Circle		High Jump (3)		
10:15		Weight Throw (14)	All Women		
10:30		Flight 2: M30 – M64	10:00am		
10:45		10:15am			
11:00	Warmup		Warmup		
11:15	East Circle				
11:30		Shot Put (8)	High Jump (11)	Warmup	
11:45		Flight 1: M75+	Flight 1: M65+		
12:00		11:30am	11:30am	Triple Jump (5)	
12:15				All Women	
12:30				12:00pm	Warmup
12:45		Warmup	Warmup		
1:00					Triple Jump (14)
1:15		Shot Put (12)	High Jump (9)		Flight 1 M65+
1:30		Flight 2: M65 – M74	Flight 2: M30 – M64		1:00pm
1:45		1:15pm	1:15am		
2:00	Warmup				
2:15	East Circle				
2:30		Shot Put (10)		Warmup	
2:45		Flight 3: M50 – M64			
3:00	Warmup	2:30pm		Triple Jump (12)	
3:15	East Circle			Flight 2 M30 – M64	
3:30		Shot Put (12)		3:00pm	
3:45		Flight 4: M30 – M49			
4:00		3:30pm			
4:15					