



Friday 24th – Sunday 26th June

Manchester Regional Arena

Event days

MEN	EVENT	WOMEN
FRI / SAT	100m	FRI / SAT
SUN	200m	SUN
FRI / SAT	400m	FRI / SAT
SAT / SUN	800m	SAT / SUN
FRI / SAT	1500m	FRI / SAT
SUN	5000m	SAT
SAT	3000m Steeplechase	SUN
SAT	110m/100m Hurdles	SUN
FRI / SAT	400m Hurdles	SAT / SUN
SAT	High Jump	SUN
SAT	Pole Vault	SUN
SUN	Long Jump	SAT
SUN	Triple Jump	SAT
SAT	Shot Put	SUN
SUN	Discus Throw	SAT
SAT	Hammer Throw	SUN
SUN	Javelin Throw	SAT
SUN	5000m Walk	SUN
FRI / SAT	Decathlon/Heptathlon	SAT / SUN
FRI	U20 3000m	FRI

Event days are subject to change – correct as of 15/03/2022

Some additional events may also be added