

**2022 USATF National Club Championship**  
**SCHEDULE OF EVENTS**

*And the 35th New Jersey International Track and Field Meet*  
**UPDATED SCHEDULE as of June 30, 2022**

<b>Friday, July 1, 2022</b>		
<b>TIME</b>	<b>TRACK EVENTS</b>	<b>FIELD EVENTS</b>
3:30		Ira Wolfe Men's Hammer Throw
<b>5:00</b>	<b>National Anthem and Introductions</b>	
5:10	Horace Ashenfelter Memorial Women's 3000 Meter Steeplechase	
5:30	Horace Ashenfelter Memorial Men's 3000 Meter Steeplechase	Oneithea "Neni" Lewis Women's Hammer Throw
6:00	<b>Dick Hill/Tom Zarra Memorial Women's &amp; Men's 10,000 Meter Run</b>	
<b>Saturday, July 2, 2022</b>		
<b>TIME</b>	<b>TRACK EVENTS</b>	<b>FIELD EVENTS</b>
8:30	Elliott Denman Women's & Men's 5000 Meter Race Walk	
9:15	Dr. Norbert Sander Memorial Women's 5000 Meter Run	
9:45	Dr. Norbert Sander Memorial Men's 5000 Meter Run	
10:00		Barbara Friedrich Parcinski Women's Javelin Throw
10:25	Dawn Bowles-Fitch Women's 100 Meter Hurdles PRELIMS	
10:35	Renaldo Nehemiah Men's 110 Meters Hurdles PRELIMS	
10:50	Fred Thompson Memorial Women's 100 Meter Dash PRELIMS	
11:00	Frank Budd Memorial Men's 100 Meter Dash PRELIMS	Al Blozis Memorial Women's Shot Put
11:15	Dr. Matt Brown Masters Men's 100 Meter Dash*	
11:25	Dr. Matt Brown Masters Women's 100 Meter Dash*	
11:35	John Kuhl Masters 400 Meter Dash*	
11:50	<b>Harry Nolan/George Sheehan Masters &amp; Gone Running Community Mile*</b>	
12:00		Mike Pascuzzo Men's High Jump
12:00		Bob Roggy Memorial Men's Javelin Throw
12:00		Herbert Douglas Jr. Women's & Men's Long Jump (2 runways)
12:10	Women's 4x100 Meter Relay	
12:15	Men's 4x100 Meter Relay	
12:30	Chrissy D'Alessandro-Shaheen Memorial Women's Elite Mile	
12:45	Dr. John F. Connors Men's Elite Mile	
1:00		Al Blozis Memorial Men's Shot Put
1:10	Renaldo Nehemiah Men's 110 Meter Hurdles FINAL	
1:20	Dawn Bowles-Fitch Women's 100 Meter Hurdles FINAL	
1:30	Fred Thompson Memorial Women's 100 Meter Dash FINAL	
1:35	Frank Budd Memorial Men's 100 Meter Dash FINAL	
1:45	Aliann Pompey Women's 400 Meter Dash	
1:55	Andrew Valmon Men's 400 Meter Dash	
2:00		Art Swarts Women's Discus Throw
2:05	Joetta Clark Diggs Women's 800 Meter Run	
2:10	Rich Kenah Men's 800 Meter Run	
2:20	Masters Women's 800 Meter Run	
2:25	Art Smith Masters Men's 800 Meter Run*	
2:30		Norm Tate Women's & Men's Triple Jump (2 runways)
2:45	Women's 400 Meter Hurdles	
2:55	Quentin Wheeler Men's 400 Meter Hurdles	
3:00		Mike Pascuzzo Women's High Jump
3:05	Andy Stanfield Memorial Women's 200 Meter Dash	
3:15	Andy Stanfield Memorial Men's 200 Meter Dash	Art Swarts Men's Discus Throw
3:30	Women's 4x800 Meter Relay	
3:45	Men's 4x800 Meter Relay	
3:55	Masters 4x800 Meter Relay*	
4:05	Women's 4x400 Meter Relay	
4:15	Men's 4x400 Meter Relay	
4:25	Women's Distance Medley Relay	
4:40	Men's Distance Medley Relay	



\* - Events marked with a \* are not scored events in the Club Championships

***This schedule has been updated as of June 30th***