

**2022 USATF NATIONAL CLUB TRACK & FIELD CHAMPIONSHIPS  
AND THE 35<sup>TH</sup> ANNUAL NJ INTERNATIONAL TRACK & FIELD MEET  
FRIDAY JULY 1 & SATURDAY JULY 2, 2022  
MONMOUTH UNIVERSITY, WEST LONG BRANCH, NJ**

**PRELIMINARY TIME SCHEDULE**

**NOTE:** The event time schedule will be adjusted to reflect the actual entry fields shortly after the entry deadline. It will closely follow this format. Unless otherwise noted, all track events are run in sections where necessary and results based on timed-final.

**FRIDAY EVENING JULY 1, 2022**

**THROWING EVENTS**

3:30 p.m. Men's Hammer Throw  
5:30 p.m. Women's Hammer Throw

**TRACK EVENTS**

5:00 p.m. Women's 3000 Meter Steeplechase  
5:20 p.m. Men's 3000 Meter Steeplechase  
5:40 p.m. Community One Mile Run  
6:15 p.m. Women's 10000 Meter Run  
7:00 p.m. Men's 10000 Meter Run

**SATURDAY JULY 2, 2022**

**JUMPING EVENTS**

12:00 Mike Pascuzzo Men's High Jump  
12:00 Walter Annenberg Women's Pole Vault  
12:00 Herbert Douglas Jr. Women's Long Jump  
12:00 Herbert Douglas Jr. Men's Long Jump  
3:00 Mike Pascuzzo Women's High Jump  
3:00 Walter Annenberg Men's Pole Vault  
2:30 Norm Tate Women's Triple Jump  
2:30 Norm Tate Men's Triple Jump

**TRACK EVENTS**

9:30 Dr. Norbert Sander Memorial Women's 5000 Meter Run  
10:00 Dr. Norbert Sander Memorial Men's 5000 Meter Run  
10:30 George Kochman Boys H.S. Mile  
10:20 George Kochman Girls H.S. Mile  
10:45 Dawn Bowles Women's 100 Meter Hurdles PRELIMS  
11:15 Renaldo Nehemiah Men's 110 Meters Hurdles PRELIMS  
11:45 Fred Thompson Memorial Women's 100 Meter Dash PRELIMS  
12:00 Frank Budd Memorial Men's 100 Meter Dash PRELIMS  
12:15 Dr. Matt Brown Master's Men's 100 Meter dash  
12:30 Dr. Matt Brown Master's Women's 100 Meter dash  
12:45 Elliott Denman Women's / Men's 5000 Meter Race Walk  
1:15 John Kuhi Master's 400 Meter Dash  
1:25 Harry Nolan/George Sheehan Master's Mile

**THROWING EVENTS**

10:00 Barbara Friedrich Women's Javelin Throw  
11:00 Al Blozis Women's Shot Put  
12:00 Bob Roggy Men's Javelin Throw  
1:00 Al Blozis Men's Shot Put  
2:00 Art Swarts Women's Discus Throw  
3:30 Art Swarts Men's Discus Throw

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1:45	Women's 4x100 Meter Relay	5:45	Men's 4x800 Meter Relay
2:00	Men's 4x100 Meter Relay	5:50	Master's 4x800 Meter Relay
2:15	Chrissy D'Alessandro-Sheehan Memorial Women's 1500 Meter Run	6:00	Women's 4x400 Meter Relay
2:25	Men's Eamonn Coghlan Men's 1500 Meter Run	6:10	Men's 4x400 Meter Relay
2:45	Dawn Bowles Women's 100 Meter Hurdles FINAL	6:20	Women's Distance Medley Relay
2:55	Renaldo Nehemiah Men's 110 Meter Hurdles FINAL	6:35	Men's Distance Medley Relay
3:05	Fred Thompson Memorial Women's 100 Meter Dash FINAL		
3:10	Frank Budd Memorial Men's 100 Meter Dash FINAL		
3:20	Aliann Pompey Women's 400 Meter Dash		
3:30	Larry James Memorial Men's 400 Meter Dash		
3:45	Joetta Clark Diggs Women's 800 Meter Run		
4:00	Me Rich Kenah Men's 800 Meter Run		
4:15	Masters Women's 800 Meter Run		
4:20	Art Smith Masters Men's 800 Meter Run		
4:30	Women's 400 Meter Hurdles		
4:45	Men's 400 Meter Hurdles		
5:00	Andy Stanfield Women's 200 Meter Dash		
5:15	Andy Stanfield Men's Memorial 200 Meter Dash		
5:30	Women's 4x800 Meter Relay		