



# CARIFTA GAMES KINGSTON 2022

SATURDAY, APRIL 16 – DAY 1 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
09:00	100M Hurdles Heptathlon Girls – Event 1 (0.84M)	
09:05		High Jump U-17 Girls Final
09:10	100m Octathlon Boys – Event 1	
09:15		Javelin Throw U-20 Boys Final (800g)
09:20	100m U-17 Girls Heats	
09:25		Shot Put U-17 Girls Final (3kg)
09:40	100m U-17 Boys Heats	
10:00	100m U-20 Girls Heats	
10:20	100m U-20 Boys Heats	
10:25		High Jump Heptathlon Girls – Event 2
10:35		Long Jump Octathlon Boys – Event 2
10:40	400m U-17 Girls Semi-Finals	
10:55	400m U-17 Boys Semi-Finals	
11:10	400m U-20 Girls Semi-Finals	
11:25	400m U-20 Boys Semi-Finals	
11:40	<b>MEDAL CEREMONY</b>	

SATURDAY, APRIL 16 – DAY 1 SESSION 2		
15:30	<b>OPENING CEREMONY</b>	
17:00	100m U-17 Girls Semi-Finals	
17:05		Discus Throw U-20 Boys Final (1.75kg)
17:10		Triple Jump U-20 Girls Final
17:10	100m U-17 Boys Semi-Finals	
17:15		Shot Put Octathlon Boys – Event 3 (6kg)
17:20	100m U-20 Girls Semi-Finals	
17:30	100m U-20 Boys Semi-Finals	
17:40	<b>MEDAL CEREMONY</b>	
17:45		High Jump U-20 Boys Finals
17:50	1500m U-17 Girls Final	
18:00	1500m U-17 Boys Final	
18:10	1500m U-20 Girls Final	
18:15		Long Jump U-17 Boys Final
18:20	1500m U-20 Boys Final	
18:25	<b>MEDAL CEREMONY</b>	
18:30		Shot Put Heptathlon Girls – Event 3 (4kg)
18:50		Discus Throw U-20 Girls Final (1kg)
18:55	400m U-17 Girls Final	
19:00	400m U-17 Boys Final	
19:05	400m U-20 Girls Final	
19:10	400m U-20 Boys Final	
19:15	400m Octathlon Boys – Event 4	
19:25	200m Heptathlon – Event 4	
19:30	<b>MEDAL CEREMONY</b>	
19:45	100m U-17 Girls Final	
19:50	100m U-17 Boys Final	
19:55	100m U-20 Girls Final	
20:00	100m U-20 Boys Final	
20:05	<b>MEDAL CEREMONY</b>	



# CARIFTA GAMES KINGSTON 2022

SUNDAY, APRIL 17 – DAY 2 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
09:00	110m Hurdles Octathlon Boys – Event 5	
09:05		Long Jump Heptathlon – Event 5
09:10		Javelin Throw U-20 Girls Final (600g)
09:15	400m Hurdles U-17 Girls Semi-Finals (0.76m)	
09:20		Shot Put U-20 Girls Final (4kg)
09:25	400m Hurdles U-20 Girls Semi-Finals (0.76m)	
09:35	400m Hurdles U-17 Boys Semi-Finals (0.84m)	
09:40		High Jump Octathlon Boys – Event 6
09:45	400m Hurdles U-20 Boys Semi-Finals (0.91m)	
10:00	800m U-17 Girls Semi-Finals	
10:15	800m U-17 Boys Semi-Finals	
10:20		Javelin Throw Heptathlon Girls – Event 6 (600g)
10:30	800m U-20 Girls Semi-Finals	
10:35		Long Jump U-20 Boys Final
10:45	800m U-20 Boys Semi-Finals	
11:00	200m U-17 Girls Heats	
11:10	200m U-17 Boys Heatss	
11:20	200m U-20 Girls Heats	
11:30	200m U-20 Boys Heats	
11:40	<b>MEDAL CEREMONY</b>	

SUNDAY, APRIL 17 – DAY 2 SESSION 2		
15:00	4x100m Relay U-17 Girls Semi-Finals	
15:05		High Jump U-17 Boys Final
15:10	4x100m Relay U-17 Boys Semi-Finals	
15:15		Long Jump U-17 Girls Final
15:20	4x100m Relay U-20 Girls Semi-Finals	
15:25		Javelin Octathlon Boys – Event 7 (800g)
15:30	4x100m Relay U-20 Boys Semi-Finals	
15:35		Shot Put U-17 Boys Finals (5kg)
15:45	400m Hurdles U-17 Girls Finals (0.76m)	
15:55	400m Hurdles U-20 Girls Finals (0.76m)	
16:05	400m Hurdles U-17 Boys Finals (0.84m)	
16:15	400m Hurdles U-20 Boys Finals (0.91m)	
16:20	<b>MEDAL CEREMONY</b>	
16:25		Javelin Throw U-17 Boys Final (700g)
16:30	200m U-17 Girls Semi-Finals	
16:35		Triple Jump U-17 Boys Final
16:40	200m U-17 Boys Semi-Finals	
16:50	200m U-20 Girls Semi-Finals	
17:00	200m U-20 Boys Semi-Final	
17:05		
17:10	800m Heptathlon Girls – Event 7	
17:15		Pole Vault Open Division Boys Final
17:20	1500m Octathlon Boys – Event 8	
17:30	<b>MEDAL CEREMONY</b>	
17:40	3000m Open Division Girls Final	
17:55	3000m U-17 Boys Final	
18:10	<b>MEDAL CEREMONY</b>	
18:20	4x100m Relay U-17 Girls Finals	
18:30	4x100m Relay U-17 Boys Finals	
18:40	4x100m Relay U-20 Girls Finals	
18:50	4x100m Relay U-20 Boys Finals	
19:00	<b>MEDAL CEREMONY</b>	



# CARIFTA GAMES KINGSTON 2022

MONDAY, APRIL 18 – DAY 3 SESSION 1		
TIME	TRACK EVENTS	FIELD EVENTS
09:00	100m Hurdles U-17 Girls Semi-Finals (0.76m)	
09:05		Javelin Throw U-17 Girls Final (500g)
09:10		High Jump U-20 Girls Final
09:15	100m Hurdles U-20 Girls Semi-Finals (0.84m)	
09:30	110m Hurdles U-17 Boys Semi-Finals (0.91m)	
09:40		Long Jump U-20 Girls Final
09:45	110m Hurdles U-20 Boys Semi-Finals (0.99m)	
10:00	4x400m Relay U-17 Girls Semi-Finals	
10:15	4x400m Relay U-17 Boys Semi-Finals	
10:30	4x400m Relay U-20 Girls Semi-Finals	
10:45	4x400m Relay U-20 Boys Semi-Finals	
10:50	<b>MEDAL CEREMONY</b>	

MONDAY, APRIL 18 – DAY 3 SESSION 2		
TIME	TRACK EVENTS	FIELD EVENTS
16:00	100m Hurdles U-17 Girls Finals (0.76m)	
16:05		Triple Jump U-17 Girls Final
16:10	100m Hurdles U-20 Girls Finals (0.84m)	
16:15		Discus Throw U-17 Girls Final (1kg)
16:25	110m Hurdles U-17 Boys Finals (0.91m)	
16:30		Shot Put U-20 Boys Final (6kg)
16:35	110m Hurdles U-20 Boys Finals (0.99m)	
16:40	<b>MEDAL CEREMONY</b>	
16:55	800m U-17 Girls Final	
17:05	800m U-17 Boys Final	
17:15	800m U-20 Girls Final	
17:25	800m U-20 Boys Final	
17:30	<b>MEDAL CEREMONY</b>	
17:40		Triple Jump U-20 Boys Final
17:45	200m U-17 Girls Final	
17:50		Discus Throw U-17 Boys Final (1.75kg)
17:55	200m U-17 Boys Final	
18:05	200m U-20 Girls Final	
18:15	200m U-20 Boys Final	
18:20	<b>MEDAL CEREMONY</b>	
18:35	5000m U-20 Boys Final	
19:05	4x400m Relay U-17 Girls Final	
19:15	4x400m Relay U-17 Boys Final	
19:25	4x400m Relay U-20 Girls Final	
19:35	4x400m Relay U-20 Boys Final	
19:45	<b>MEDAL CEREMONY</b>	
20:00	<b>CLOSING CEREMONIES</b>	