

Friday

Multi-Events

10:00 a.m. Decathlon (M) (100m, LJ, SP, HJ, 400m)

11:00 a.m. Heptathlon (W) (100H, HJ, SP, 200m)

Field Events

12:00 p.m. Hammer Throw (W) Trials and Finals

2:00 p.m. Hammer Throw (M) Trials and Finals

4:00 p.m. Javelin Throw (W) Trials and Finals

4:00 p.m. Pole Vault (W) Trials and Finals

6:00 p.m. Javelin Throw (M) Trials and Finals

Running Events

6:00 p.m. 1,500 Meter Run (W) Prelims

6:15 p.m. 1,500 Meter Run (M) Prelims

6:30 p.m. 200 Meter Dash (W) Trials

6:40 p.m. 200 Meter Dash (M) Trials

8:00 p.m. 10,000 Meter Run (W) Finals

8:45 p.m. 10,000 Meter Run (M) Finals

Saturday

10:30 a.m. Heptathlon (W) (LJ, JT, 800m)

11:30 a.m. Decathlon (M) (110H, DT, PV, JT, 1,500m)

Field Events

3:00 p.m. Shot Put (W) Trials and Finals

3:00 p.m. High Jump (M) Finals

3:30 p.m. Long Jump (W) Trials and Finals

5:30 p.m. Shot Put (M) Trials and Finals

5:30 p.m. High Jump (W) Finals

6:00 p.m. Long Jump (M) Trials and Finals

Running Events

5:00 p.m. 100 Meter Hurdles (W) Prelims

5:10 p.m. 110 Meter Hurdles (M) Prelims

5:20 p.m. 400 Meter Dash (W) Prelims

5:30 p.m. 400 Meter Dash (M) Prelims

5:40 p.m. 100 Meter Dash (W) Prelims

5:50 p.m. 100 Meter Dash (M) Prelims

6:00 p.m. 800 Meter Run (W) Prelims

6:10 p.m. 800 Meter Run (M) Prelims

6:20 p.m. 400 Meter Hurdles (W) Prelims

6:30 p.m. 400 Meter Hurdles (M) Prelims

6:40 p.m. 3,000 Meter Steeplechase (W) Finals

6:55 p.m. 3,000 Meter Steeplechase (M) Finals

Sunday

Field Events

11:30 p.m. Triple Jump (W) Trials and Finals

11:30 p.m. Discus Throw (W) Trials and Finals

1:00 p.m. Pole Vault (M) Finals

1:30 p.m. Triple Jump (M) Trials and Finals

1:30 p.m. Discus Throw (M) Trials and Finals

Running Events

*12:55 p.m. National Anthem

*1:00 p.m. 4 x 100 Meter Relay (W) Finals

1:05 p.m. 4 x 100 Meter Relay (M) Finals

1:10 p.m. 1,500 Meter Run (W) Final

1:20 p.m. 1,500 Meter Run (M) Final

1:30 p.m. 100 Meter Hurdles (W) Finals

1:40 p.m. 110 Meter Hurdles (M) Finals

1:55 p.m. 400 Meter Dash (W) Finals

2:00 p.m. 400 Meter Dash (M) Finals

2:10 p.m. 100 Meter Dash (W) Finals

2:15 p.m. 100 Meter Dash (M) Finals

2:20 p.m. 800 Meter Run (W) Finals

2:25 p.m. 800 Meter Run (M) Finals

2:35 p.m. 400 Meter Hurdles (W) Finals

2:45 p.m. 400 Meter Hurdles (M) Finals

2:55 p.m. 200 Meter Dash (W) Finals

3:00 p.m. 200 Meter Dash (M) Finals

3:05 p.m. 5,000 Meter Run (W) Finals

3:30 p.m. 5,000 Meter Run (M) Finals

**3:55 p.m. 4 x 400 Meter Relay (W) Finals

4:05 p.m. 4 x 400 Meter Relay (M) Finals

** If the 4 x 100 Meter Women's Relay becomes a two heat final, the National Anthem will start at 12:50 p.m. with the slow section of the 4 x 100 Meter Women's Relay at 12:55 p.m., followed by the fast section at 1:00 p.m.*

*** If the 4 x 400 Meter Women's Relay becomes a two heat final, the slow heat will run at 3:55 p.m., followed by the fast section at 4:05 p.m. This would push the 4 x 400 Meter Men's Relay to 4:15 p.m.*