

# SCHEDULE OF EVENTS

## DAY ONE

10:00 a.m. – Finals

Pentathlon (women)

- 55 Meter Hurdles (10:00 a.m.)
- High Jump
- Shot Put
- Long Jump
- 800 Meter Run

Heptathlon (men)

- 55 Meter Dash (10:30 a.m.)
- Long Jump
- Shot Put
- High Jump

3:00 p.m. - Unseeded Finals  
5000 Meter Run (women)

3:00 p.m. - Finals  
Weight Throw (women)  
Pole Vault (women)

3:30 p.m. - Prelims  
55 Meter Hurdles (women)

3:30 p.m. - Finals  
Long Jump (women)

3:45 p.m. - Prelims  
400 Meter Dash (women)

4:05 p.m. - Prelims  
500 Meter Dash (women)

4:20 p.m. - Prelims  
55 Meter Dash (women)

4:35 p.m. - Seeded Finals  
5000 Meter Run (women)

4:55 p.m. - Prelims  
200 Meter Dash (women)

5:10 p.m. - Finals  
Distance Medley (women)

5:30 p.m. - Finals  
Weight Throw (men)  
Pole Vault (men)

5:30 p.m. - Unseeded Finals  
5000 Meter Run (men)

5:50 p.m. - Prelims  
55 Meter Hurdles (men)

6:05 p.m. - Prelims  
400 Meter Dash (men)

6:25 p.m. - Prelims  
500 Meter Dash (men)

6:30 p.m. - Finals  
Long Jump (men)

6:40 p.m. - Prelims  
55 Meter Dash (men)

6:55 p.m. - Seeded Finals  
5000 Meter Run (men)

7:15 p.m. - Prelims  
200 Meter Dash (men)

7:30 p.m. Finals  
Distance Medley (men)

## DAY TWO

10:00 a.m. - Finals

Heptathlon (men)

- 55 Meter Hurdles
- Pole Vault
- 1000 Meter Run

12:00 p.m. - Finals

Shot Put (women)

High Jump (women)

Triple Jump (men)

11:55 a.m. - Finals

1 Mile Run (women)

12:10 p.m. - Finals

1 Mile Run (men)

12:25 p.m. - Finals

55 Meter Hurdles (women)

12:30 p.m. - Finals

55 Meter Hurdles (men)

12:35 p.m. - Finals

400 Meter Dash (women)

12:40 p.m. - Finals

400 Meter Dash (men)

12:45 p.m. - Finals

500 Meter Dash (women)

12:50 p.m. - Finals

500 Meter Dash (men)

12:55 p.m. - Finals

55 Meter Dash (women)

1:00 p.m. - Finals

55 Meter Dash (men)

1:05 p.m. - Finals

800 Meter Run (women)

1:15 p.m. - Finals

800 Meter Run (men)

1:25 p.m. - Finals

1000 Meter Run (women)

1:30 p.m. - Finals

High Jump (men)

1:35 p.m. - Finals

1000 Meter Run (men)

1:45 p.m. - Finals

200 Meter Dash (women)

1:55 p.m. - Finals

200 Meter Dash (men)

2:00 p.m. - Finals

Shot Put (men)

Triple Jump (women)

2:05 p.m. - Finals

3000 Meter Run (women)

2:25 p.m. - Finals

3000 Meter Run (men)

2:50 p.m. - Finals

4x800 Meter Relay (women)

3:00 p.m. - Finals

4x800 Meter Relay (men)

3:10 p.m. - Finals

4x400 Meter Relay (women)

3:20 p.m. - Finals  
4x400 Meter Relay (men)