### Field Events

- **12:00 PM** Women Shot Put Followed by Men Shot Put  
- **12:00 PM** Men Discus Followed by Women Discus  
- **12:00 PM** Men Javelin Followed by Women Javelin  
- **2:00 PM** Women Long Jump  
- **2:00 PM** Men Long Jump  
- **2:00 PM** Women Pole Vault Followed by Men Pole Vault  
- **2:00 PM** Women High Jump Followed by Men High Jump  
- **3:30 PM** Women Triple Jump  
- **3:30 PM** Men Triple Jump  
- **3:30 PM** Men’s Hammer Followed by Women’s Hammer  

### Running Events

- **2:00 PM** Men 3000 Meter Steeplechase  
- **Women 3000 Meter Steeplechase**  
- **Men 4 x 100 Meter Relay**  
- **Women 4 x 100 Meter Relay**  
- **Men 1500 Meter Run**  
- **Women 1500 Meter Run**  
- **Men 110 Meter Hurdles**  
- **Women 100 Meter Hurdles**  
- **Men 400 Meter Dash**  
- **Women 400 Meter Dash**  
- **Men 100 Meter Dash**  
- **Women 100 Meter Dash**  
- **Men 800 Meter Dash**  
- **Women 800 Meter Dash**  
- **Men 400 Meter Hurdles**  
- **Women 400 Meter Hurdles**  
- **Men 200 Meter Dash**  
- **Women 200 Meter Dash**  
- **Men 5000 Meter Run**  
- **Women 5000 Meter Run**  
- **Men 4 x 400 Meter Relay**  
- **Women 4 x 400 Meter Relay**  

*Athletes must declare for 200m by the end of W 800m*