

Schedule of Events

FRIDAY

10:30 AM	M	Decathlon (100, LJ, SP, HJ, 400)
11:00 AM	W	Heptathlon (100H, HJ, SP, 200)
6:30 PM	W	10,000m FINAL
7:30 PM	M	10,000m FINAL
2:30 PM	W	Hammer
4:00 PM	M	Hammer

SATURDAY

10:00 AM	M	Decathlon (110H, DT, PV, JT, 1500)
10:30 AM	W	Heptathlon (LJ, JT, 800)

Field Events

12:00 PM	W	Long Jump
12:00 PM	W	Discus
12:00 PM	M	High Jump
3:00 PM	W	Pole Vault
3:00 PM	M	Discus
3:00 PM	M	Long Jump

Track Events

1:05 PM	W	4x100 RELAY PRELIMS
1:15 PM	M	4x100 RELAY PRELIMS
1:35 PM	W	110m Hurdles PRELIMS
1:45 PM	M	100m Hurdles PRELIMS
2:05 PM	W	400m PRELIMS
2:20 PM	M	400m PRELIMS
2:35 PM	W	100m PRELIMS
2:50 PM	M	100m PRELIMS
3:05 PM	W	800m PRELIMS
3:20 PM	M	800m PRELIMS
3:40 PM	W	400m Hurdles PRELIMS
4:00 PM	M	400m Hurdles PRELIMS
4:20 PM	W	200m PRELIMS
4:40 PM	M	200m PRELIMS
5:20 PM	W	3,000m Steeplechase FINAL
5:45 PM	M	3,000m Steeplechase FINAL

SUNDAY

Field Events

11:00 AM	M	Pole Vault
11:00 AM	M	Shot Put
11:00 AM	W	Triple Jump
11:00 AM	M	Javelin
1:00 PM	W	High Jump
1:00 PM	M	Triple Jump
1:00 PM	W	Shot Put
1:00 PM	M	Javelin

Track Events

12:30 PM	W	4X100m Relay FINAL
12:35 PM	M	4X100m Relay FINAL
12:45 PM	W	1,500m FINAL
1:00 PM	M	1,500m FINAL
1:15 PM	W	110m Hurdles FINAL
1:25 PM	M	100m Hurdles FINAL
1:35 PM	W	400m FINAL
1:40 PM	M	400m FINAL
1:50 PM	W	100m FINAL
1:55 PM	M	100m FINAL
2:05 PM	W	800m FINAL
2:20 PM	M	800 FINAL
2:35 PM	W	400m Hurdles FINAL
2:40 PM	M	400m Hurdles FINAL
2:55 PM	W	200m FINAL
3:00 PM	M	200m FINAL
3:05 PM	W	5,000m Final
3:30 PM	M	5,000m Final
4:00 PM	W	4 x 400m Relay FINAL
4:10 PM	M	4 X 400m Relay FINAL
4:30 PM		Awards Ceremony

*Note: 4x400 relays WILL not be conducted until all other events in that gender have been completed.