

Track Events

	Fast to Slow	Heats
1:00 PM	W 4X100m Relay	1
1:05 PM	M 4X100m Relay	1
1:15 PM	W 400m IH	2
1:25 PM	M 400m IH	3
1:40 PM	W 100m Prelim	3
1:50 PM	M 100m Prelim	6
2:10 PM	W 100m Hurdles Prelim	2
2:20 PM	M 110m Hurdles Final	1
2:30 PM	W 400m	5
2:45 PM	M 400m	5
3:00 PM	W 200m	5
3:10 PM	M 200m	8
3:30 PM	W 4x400m Relay	1
3:35 PM	M 4x400m Relay	1
3:45 PM	W 100m Finals	1
3:50 PM	M 100m Finals	1
4:00 PM	W 100m Hurdles Finals	1

Break for officials

5:30 PM	W 800m	5
5:45 PM	M 800m	10
6:15 PM	W 1500m	3
6:30 PM	M 1500m	7
7:15 PM	W 3000m Steeplechase	1
7:30 PM	M 3000m Steeplechase	1
7:45 PM	W 5000m Fast	1
8:05 PM	W 5000m Heat 2	1
8:25 PM	M 5000m Fast	1
8:45 PM	M 5000m Heat 2	1
9:05 PM	M 5000m Heat 3	1
9:25 PM	M 5000m Heat 4	1

Field Events

Sunday Field Schedule

1:00pm Javelin W Men To Follow

Monday Field Schedule

1:00pm Shot Put M Women To Follow 2 Flights each gender using 2 Circles

1:00pm Discus W Men To Follow 1 Flight each gender

1:00pm Long Jump M Women To Follow 1 Flight each gender

1:00pm High Jump W Men To Follow

1:00pm Pole Vault M Women To Follow

Approx 4:00pm Hammer W Men To Follow 1 Flight each gender

Approx 4:00pm Triple Jump M Women To Follow 1 Flight each gender