

5/11		5/12		5/13	
Time	Event	Time	Event	Time	Event
9:00 am	Women’s Combined: 100m Hurdles, H J, SP, 200m	9:00 am	Men’s combined: 110m Hurdles, Discus, Pole Vault, Javelin, 1500m	9:00 am	Men’s Javelin Trial & Final
9:15 am	Men’s combined: 100m, L J, SP, H J, 400m	9:00 am	Women’s Combined: L J, Javelin, 800m	11:00 am	Women’s Discus Trial & Final
FIELD EVENTS					
11:00 am	Women’s Hammer Trial & Final	11:00 am	Men’s Shot Put Trials & Final	11:00 AM	Women’s Triple Jump Trial & Final
11:00 am	Men’s L J Trial & Final	12:00 pm	Men’s H J Final	1:00 pm	Men’s Discus Trial & Final
1:00 pm	Women’s Pole Vault Final	2:00 pm	Women’s Shot Put Trials & Finals	1:30 pm	Men’s Triple Jump Trial & Final
2:00 pm	Men’s Hammer Trial & Final	4:00 pm	Women’s H J Final	RUNNING EVENTS	
2:00 pm	Women’s Javelin				
4:30 pm	Women’s L J Trial & Final	RUNNING EVENTS		12:00 pm	National Anthem/Recognitions
5:00 pm	Men’s Pole Vault Final	1:00 pm	Women’s 1500m Preliminary	12:30 pm	Women’s 4x100m Relay Final
RUNNING EVENTS		1:15 pm	Men’s 1500m Preliminary	12:40 pm	Men’s 4x100 Relay Final
5:00 pm	Women’s 4x800m Relay Final	1:40 pm	Women’s 100m Hurdles Preliminary	12:50 pm	Women’s 1500m Final
5:15 pm	Men’s 4x800m Relay Final	2:05 pm	Men’s 110m Hurdles Preliminary	1:00 pm	Men’s 1500m Final
5:30 pm	Women’s 4x100m Relay Trials	2:30 pm	Women’s 100m Preliminary	1:10 pm	Women’s 400m Final
5:45 pm	Men’s 4x100m Relay Trials	2:50 pm	Men’s 100m Preliminary	1:20 pm	Men’s 400m Final
6:00 pm	Women’s 400m Hurdles Preliminary	3:10 pm	Women’s 800 Preliminary	1:35 pm	Women’s 100m Hurdles Final
6:15 pm	Men’s 400m Hurdles Preliminary	3:30 pm	Men’s 800m Preliminary	1:45 pm	Men’s 110m Hurdles Final
6:30 pm	Women’s 400m Dash Preliminary	3:50 pm	Women’s 200m Preliminary	2:00 pm	Women’s 100 Final
6:45 pm	Men’s 400m Dash Preliminary	4:05 pm	Men’s 200m Preliminary	2:10 pm	Men’s 100m Final
7:00 pm	Women’s 10,000m Final	4:30 pm	Women’s Steeplechase Final	2:20 pm	Women’s 800m Final
7:50 pm	Men’s 10,000m Final	4:50 pm	Men’s Steeplechase Final	2:30 pm	Men’s 800m Final
		5:10 pm	Women’s 4x400m Relay Preliminary	2:45 pm	Women’s 400m Hurdles Final
		5:25 pm	Men’s 4x400m Relay Preliminary	2:55 pm	Men’s 400m Hurdles Final
				3:10 pm	Women’s 200m Final
				3:15 pm	Men’s 200m Final
				3:25 pm	Women’s 5,000m Final
				3:50 pm	Men’s 5,000m
				4:15 pm	Women’s 4x400m Relay Final
				4:25 pm	Men’s 4x400m Relay Final