

11:30am – Men's and Women's Long jump

2:00 pm – Men's and Women's Triple jump

11:00am – Women's 60h prelim

11:10am – Men's 60H prelim

11:20am – Women's 60 prelim

11:25am – Men's 60 prelim

12:00 noon – Women's 4x2

12:15pm – Men's 4 x 2

12:30pm - Women's 500

12:45pm – Men's 500

1:00pm – Men's 60H final

1:05pm – Women's 60h final

1:15pm – Women's 60 dash final

1:20pm – Men's 60m dash final

1:25pm – Women's 400

1:40pm – Men's 400

1:55pm – Women's 200m

2:05pm – Men's 200m

2:20pm – Women's 4 x 4

2:35pm – Men's 4 x 4

3:00pm – Clements clear of session 1 competitors (not including events still competing + High jump)

3:10pm – Clements open's to session 2 competitors

3:30pm - Men's High Jump

5:30pm – Women's high Jump

4:00pm – Women's DMR

4:15pm – Men's DMR

4:30pm – Women's 5k

4:55pm – Men's 5k

5:15pm – Women's 1k

5:25pm – Men's 1k

5:35pm – Women's mile

5:50pm – Men's mile

6:05pm – Women's 3k

6:20pm – Men's 3k

6:35pm – Women's 800

6:50pm – Men's 800