

Time Schedule:

Field Events –Gender - Time

Women's Shot Put Final – 11:00am - Men will follow

Women's Javelin final – 11:00am - Men will follow

Women's Pole Vault Final – 3:00pm – Men will follow

Men's Long Jump final – 3:00pm – Women will follow, Triple Jump will follow

Women's High Jump final – 3:00pm – Men will follow

Men's Hammer final- 11:00am Women to follow

Men's Discus Final – Will start 30 minutes after the conclusion of the Women's Hammer Throw – Women to follow

Running events will be on a fixed schedule

4:00 pm - W 100H Prelims

4:10 pm - M 110H Prelims

4:20 pm - W 100 Prelims

4:30 pm - M 100 Prelims

4:40 pm - W 3k Steeplechase

4:55 pm - M 3k Steeplechase

5:10 pm - W 4x100 Relay

5:20 pm - M 4x100 Relay

5:30 pm - W 1500

5:45 pm - M 1500

6:00 pm - M 110H Finals

6:05 pm - W 100H Finals

6:10 pm - W 400

6:20 pm - M 400

6:30 pm - W 100 Finals

6:35 pm - M 100 Finals

6:40 pm - W 800

6:50 pm - M 800

7:00 pm - W 400H

7:10 pm - M 400H

7:20 pm - W 200

7:30 pm - M 200

7:40 pm - W 5k

8:05 pm - M 5k

8:25 pm - W 4x4 Relay

8:35 pm - M 4x4 Relay

8:45 pm – W 10k

9:30 pm – M 10k

