

Day 1- MEN'S EVENTS				Day 2- MEN'S EVENTS				Day 3- MEN'S EVENTS			
TIME	TRACK EVENTS	ROUND	Heats/Flts.	TIME	TRACK EVENTS	ROUND	Heats/Flts.	TIME	TRACK EVENTS	ROUND	Heats/Flts.
12:00	60m Hurdles	Semifinal	4	11:35	Mile	Semifinal	3	11:00	Mile	Final	1
12:25	600m	Semifinal	6	11:55	60m	Semifinal	3	11:10	400m	Final	2
12:50	200m	Semifinal	8	12:15	400m	Semifinal	7	11:25	60m	Final	1
1:20	**3000m (Unseeded)	Final	1	12:40	800m	Semifinal	3	11:35	800m	Final	1
1:40	3000m (Seeded)	Final	1					11:45	60m Hurdles	Final	1
1:55	DMR	Final	1					11:55	600m	Final	2
								12:10	200m	Final	2
TIME	FIELD EVENTS	ROUND		TIME	FIELD EVENTS	ROUND		TIME	FIELD EVENTS	ROUND	
12:00	Long Jump	Prelim/Final	2	12:00	Triple Jump	Prelim/Final	2	12:20	**5000m (Unseeded)	Final	1
12:00	Weight Throw	Prelim/Final	2					12:40	5000m (Seeded)	Final	1
								1:00	4x400m	Final	2
TIME	HEPTATHLON EVENTS	ROUND		TIME	HEPTATHLON EVENTS	ROUND		TIME	FIELD EVENTS	ROUND	
10:00	60m	Final	2	10:30	60m Hurdles	Final	3	11:00	Pole Vault	Final	1
10:45	Long Jump	Final	2	11:15	Pole Vault	Final	2	11:00	High Jump	Final	1
11:50	Shot put	Final	2	1:30	1000m	Final	1	11:00	Shot Put	Prelim/Final	2
1:00	High Jump	Final	2								

Anticipate out of the building by 2:30 PM

Anticipate out of the building by 2:15 PM

Anticipate out of the building by 1:30 PM

Day 1- WOMEN'S EVENTS				Day 2- WOMEN'S EVENTS				Day 3- WOMEN'S EVENTS			
TIME	TRACK EVENTS	ROUND		TIME	TRACK EVENTS	ROUND		TIME	TRACK EVENTS	ROUND	
4:00	60m Hurdles	Semifinal	4	4:40	Mile	Semifinal	2	4:00	Mile	Final	1
4:25	600m	Semifinal	6	5:00	60m	Semifinal	4	4:10	400m	Final	2
4:50	200m	Semifinal	8	5:20	400m	Semifinal	8	4:25	60m	Final	1
5:20	**3000m (Unseeded)	Final	1	5:45	800m	Semifinal	3	4:35	800m	Final	1
5:40	3000m (Seeded)	Final	1					4:45	60m Hurdles	Final	1
6:00	DMR	Final	1					4:55	600m	Final	2
								5:10	200m	Final	2
TIME	FIELD EVENTS	ROUND		TIME	FIELD EVENTS	ROUND		TIME	FIELD EVENTS	ROUND	
4:00	Long Jump	Prelim/Final	2	4:00	Triple Jump	Prelim/Final	2	5:25	**5000m (Unseeded)	Final	1
4:00	Weight Throw	Prelim/Final	2					5:50	5000m (Seeded)	Final	1
								6:15	4x400m	Final	2
TIME	PENTATHLON EVENTS	ROUND		TIME	FIELD EVENTS	ROUND		TIME	FIELD EVENTS	ROUND	
				3:30	60m Hurdles	Final	5	4:00	Pole Vault	Final	1
				4:10	High jump	Final	2	4:00	High Jump	Final	1
				5:45	Shot Put	Final	2	4:00	Shot Put	Final	2
				6:45	Long Jump	Final	2				
				8:00	800m	Final	1				

Warm -up Time	
Horizontals and Throws	30 Minutes
High Jump	60 minutes
Pole Vault	75 Minutes
Teams in 90 minutes before their session	