

Wednesday, May 8, 2019

10 a.m. Decathlon (100m, LJ, SP, HJ, 400m)
10:30 a.m. Heptathlon (100H, HJ, SP, 200m)

Thursday, May 9, 2019

10 a.m. Decathlon (110H, Discus, PV, Jav, 1,500m)
10:30 a.m. Heptathlon (LJ, Jav, 800m)

Friday, May 10, 2019

Field Events

9 a.m. Hammer Throw (M)
11 a.m. High Jump (M)
12 p.m. Discus (M)
12:30 p.m. Shot Put (W)
1 p.m. Long Jump (M)
2:30 p.m. Pole Vault (W)
3 p.m. Javelin (W)
4 p.m. Long Jump (W)

Running Events

12:20 p.m. National Anthem
12:30 p.m. 1,500m Prelims (W)
12:45 p.m. 1,500m Prelims (M)
1:10 p.m. 100m Hurdles Prelims (W)
1:30 p.m. 110m Hurdles Prelims (M)
1:50 p.m. 400m Prelims (W)
2:05 p.m. 400m Prelims (M)
2:25 p.m. 100m Prelims (W)
2:40 p.m. 100m Prelims (M)
3 p.m. 3,000m Steeplechase (W)
3:20 p.m. 3,000m Steeplechase (M)
3:40 p.m. 800m Prelims (W)
3:55 p.m. 800m Prelims (M)
4:15 p.m. 400m Hurdles Prelims (W)
4:30 p.m. 400m Hurdles Prelims (M)
4:50 p.m. 200m Prelims (W)
5:05 p.m. 200m Prelims (M)
5:25 p.m. 10,000m Final (W)
6:05 p.m. 10,000m Final (M)

Saturday, May 11, 2019**Field Events**

9 a.m.	W Hammer
11 a.m.	W High Jump
11:30 a.m.	M Shot Put
12 p.m.	W Discus
12 p.m.	M Triple Jump
1:30 p.m.	M Pole Vault
2:30 p.m.	W Triple Jump
2:45 p.m.	M Javelin

Running Events

1:20 p.m.	National Anthem
1:30 p.m.	4x100m Relay Final (W)
1:45 p.m.	4x100m Relay Final (M)
2:05 p.m.	1,500m Final (W)
2:15 p.m.	1,500m Final (M)
2:35 p.m.	110m Hurdle Final (W)
2:45 p.m.	100m Hurdle Final (M)
3 p.m.	400m Final (W)
3:05 p.m.	400m Final (M)
3:15 p.m.	100m Final (W)
3:20 p.m.	100m Final (M)
3:30 p.m.	800m Final (W)
3:35 p.m.	800m Final (M)
3:50 p.m.	400m Hurdle Final (W)
4 p.m.	400m Hurdle Final (M)
4:15 p.m.	200m Final (W)
4:20 p.m.	200m Final (M)
4:30 p.m.	5,000m Final (W)
4:55 p.m.	5,000m Final (M)
Following:	4x400m Relay Final (W)
	4x400m Relay Final (M)