

Schedule of Events

Saturday, May 2

10:00 a.m. Decathlon* - 100m, LJ, SP, HJ, 400m
 100m
 Long Jump Track-Side Runway
 Shot Put Circle by 200m Start
 High Jump Purple & Yellow Pit
 400m

10:30 a.m. Heptathlon* - 100m HH, HJ, SP, 200m
 100m HH
 High Jump Purple & Yellow Pit
 Shot Put Circle by Long Jump Pit
 200m

Track Events - 1:00 p.m. start

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|-----------|-----------------------------|--------|
| 1:00 p.m. | Women's 1,500m | Trials |
| 1:30 p.m. | Men's 1,500m | Trials |
| 2:00 p.m. | Women's 100m HH | Trials |
| 2:10 p.m. | Men's 110m HH | Trials |
| 2:25 p.m. | Women's 400m | Trials |
| 2:35 p.m. | Men's 400m | Trials |
| 2:45 p.m. | Women's 800m | Trials |
| 2:55 p.m. | Men's 800m | Trials |
| 3:05 p.m. | Women's 100m | Trials |
| 3:15 p.m. | Men's 100m | Trials |
| 3:35 p.m. | Women's 400m IH | Trials |
| 3:55 p.m. | Men's 400m IH | Trials |
| 4:10 p.m. | Women's 3,000m Steeplechase | Trials |
| 4:30 p.m. | Men's 3,000m Steeplechase | Trials |
| 4:45 p.m. | Women's 200m | Trials |
| 4:55 p.m. | Men's 200m | Trials |
| 5:05 p.m. | Women's 10,000m | Finals |
| 5:50 p.m. | Men's 10,000m | Finals |

Field Events - 10:00 a.m. start

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| 10:00 a.m. | Women's Hammer Throw | Finals | Hammer Cage |
| 10:00 a.m. | Women's Javelin Throw | Finals | High Jump Apron |
| 1:00 p.m. | Women's Pole Vault | Finals | Purple & Yellow Pit |
| 1:00 p.m. | Women's Long Jump | Finals | Grass-Side Runway |
| 1:30 p.m. | Men's Hammer Throw | Finals | Hammer Cage |
| 1:30 p.m. | Men's Javelin Thow | Finals | High Jump Apron |
| 3:00 p.m. | Men's Long Jump | Finals | Grass-Side Runway |
| 3:00 p.m. | Women's High Jump | Finals | Purple & Yellow Pit |
| 3:30 p.m. | Men's Pole Vault | Finals | Purple & Yellow Pit |

* Event will start no sooner than 30 minutes following the conclusion of the previous decathlon/heptathlon event

Schedule of Events

Sunday, May 3

9:00 a.m. Decathlon* - 110m HH, DT, PV, JT, 1,500m
 110m HH
 Discus Throw Infield Discus Cage
 Pole Vault Purple & Yellow Pit (Dual Pits if Needed)
 Javelin Throw High Jump Apron
 1,500m

9:30 a.m. Heptathlon* - LJ, JT, 800m
 Long Jump Track-Side Runway
 Javelin Throw High Jump Apron
 800m

Track Events - 11:00 a.m. start

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| 11:00 a.m. | Women's 4x100m Relay | Finals |
| 11:10 a.m. | Men's 4x100m Relay | Finals |
| 11:30 a.m. | Women's 1,500m | Finals |
| 11:45 a.m. | Men's 1,500m | Finals |
| 12:00 p.m. | Women's 400m | Finals |
| 12:05 p.m. | Men's 400m | Finals |
| 12:15 p.m. | Women's 100m HH | Finals |
| 12:25 p.m. | Men's 110m HH | Finals |
| 12:35 p.m. | Women's 800m | Finals |
| 12:45 p.m. | Men's 800m | Finals |
| 12:55 p.m. | Women's 100m | Finals |
| 1:00 p.m. | Men's 100m | Finals |
| 1:10 p.m. | Women's 400m IH | Finals |
| 1:20 p.m. | Men's 400m IH | Finals |
| 1:30 p.m. | Women's 200m | Finals |
| 1:35 p.m. | Men's 200m | Finals |
| 1:45 p.m. | Women's 5,000m | Finals |
| 2:05 p.m. | Men's 5,000m | Finals |
| 2:30 p.m. | Women's 4x800m Relay | Finals |
| 2:40 p.m. | Men's 4x800m Relay | Finals |
| 2:50 p.m. | Women's 4x400m Relay | Finals |
| 3:00 p.m. | Men's 4x400m Relay | Finals |

Field Events - 10:00 a.m. start

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|------------|----------------------|--------|--------------------------|
| 10:00 a.m. | Women's Discus Throw | Finals | Hammer/Discus Cage |
| 10:00 a.m. | Men's Shot Put | Finals | Circle by Pole Vault Pit |
| 10:00 a.m. | Women's Triple Jump | Finals | Grass-Side Runway |
| 10:00 a.m. | Men's High Jump | Finals | Purple & Yellow Pit |
| 1:00 p.m. | Men's Triple Jump | Finals | Grass-Side Runway |
| 1:00 p.m. | Men's Discus Throw | Finals | Hammer/Discus Cage |
| 1:00 p.m. | Women's Shot Put | Finals | Circle by Pole Vault Pit |

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