

THURSDAY, MARCH 24th FIELD EVENTS

9:00 AM – WOMEN'S DISCUS 11:30 AM – MEN'S DISCUS 2:00 PM – WOMEN'S JAVELIN 4:30 PM – MEN'S JAVELIN

OFFICIAL'S BREAK

6:30 PM – WOMEN'S 1500m 6:55 PM – MEN'S 1500m 7:15 PM – WOMEN'S 5000m 8:00 PM – MEN'S 5000m

FRIDAY, MARCH 25TH FIELD EVENTS

9:00 AM – WOMEN'S HAMMER
11:30 AM – MEN'S HAMMER
2:00 PM – WOMEN'S LONG JUMP
3:00 PM – WOMEN'S POLE VAULT
OFFICIAL'S BREAK

5:00 PM - MEN'S LONG JUMP 6:00 PM - MEN'S POLE VAULT

TRACK EVENTS

5:30 PM - MEN'S 400m Hurdles 5:45 PM - WOMEN'S 200m 6:05 PM - MEN'S 200m 6:30 PM - WOMEN'S 3000m STEEPLE

6:50 PM - MEN'S 3000m STEEPLE

5:00 PM - WOMEN'S 400m Hurdles

SATURDAY, MARCH 26TH FIELD EVENTS

10:00 AM – MEN'S HIGH JUMP
12:00 PM – WOMEN'S HIGH JUMP
12:00 PM – WOMEN'S SHOT PUT
1:30 PM – WOMEN'S TRIPLE JUMP
3:00 PM – MEN'S SHOT PUT
3:30 PM – MEN'S TRIPLE JUMP

2:45 PM - NATIONAL ANTHEM

TRACK EVENTS

2:00 PM - WOMEN'S 4x100m 2:10 PM - MEN'S 4x100m

2:20 PM - WOMEN'S 800m 2:35 PM - MEN'S 800m

3:05 PM - WOMEN'S 100m Hurdles

3:25 PM – MEN'S 110m Hurdles 3:45 PM – WOMEN'S 400m

4:15 PM - MEN'S 400m

4:45 PM - WOMEN'S 100m

5:05 PM - MEN'S 100m

5:25 PM – WOMEN'S 10,000m

6:05 PM - MEN'S 10.000m

6:40 PM - WOMEN'S 4x400m

6:55 PM - MEN'S 4x400m