



Schedule of Events

**Schedule of events is subject to change as deemed necessary after flights/heats are set.*

THURSDAY, MARCH 3

Practice: 8:00 am – 9:30 am **IMPLEMENT CHECK-IN:** 10:00 am – 12:00 pm

WOMEN'S PENTATHLON

12:00 pm 60m Hurdles
High Jump
Shot Put
Long Jump
800m Run

MEN'S HEPTATHLON

12:30 pm 60m Dash
Long Jump
Shot Put
High Jump

RUNNING EVENTS

CHECK IN NO LATER THAN 30 MIN BEFORE EVENT BEGINS

2:00 pm Women's 5,000m – Semi-Final
2:45 pm Men's 5,000m – Semi-Final
3:30 pm Women's 3,200m Relay - Semi-Final
4:00 pm Men's 3,200m Relay - Semi-Final
4:30 pm Women's 1,600m Relay – Semi-Final
5:00 pm Men's 1,600m Relay - Semi-Final
5:30 pm Women's DMR - Semi-Final
6:00 pm Men's DMR – Semi-Final

Multi-Events will begin 30 min after the conclusion of the previous event.

FRIDAY, MARCH 4

IMPLEMENT CHECK-IN: 10:00 am – 1:00 pm

MEN'S HEPTATHLON

10:00 am 60m Hurdles
Pole Vault
1000m Run

RACE WALK– CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:30 am Women's 3,000m Walk – **FINAL**
11:25 am Men's 3,000m Walk – **FINAL**

RUNNING EVENTS – All events semi-finals unless noted – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

12:00 pm – Women's Mile	2:05 pm – Men's 600m	3:55 pm – Women's 3,000m
12:20 pm – Men's Mile	2:25 pm – Women's 60m	4:15 pm – Men's 3,000m
12:35 pm – Women's 60m Hurdles	2:35 pm – Men's 60m	4:40 pm – Women's 200m
12:50 pm – Men's 60m Hurdles	2:45 pm – Women's 800m	5:00 pm – Men's 200m
1:05 pm – Women's 400m	3:00 pm – Men's 800m	5:20 pm – Women's 3,200m Relay FINAL
1:25 pm – Men's 400m	3:15 pm – Women's 1,000m	5:35 pm – Men's 3,200m Relay FINAL
1:45 pm – Women's 600m	3:30 pm – Men's 1,000m	

FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

12:00 pm – Men's Weight Throw – Prelim & FINAL	3:00 pm – Women's Pole Vault – Prelim & FINAL
1:00 pm – Women's Long Jump – Prelim & FINAL	3:00 pm – Women's Weight Throw – Prelim & FINAL
2:00 pm – Men's High Jump – Prelim & FINAL	4:00 pm – Men's Long Jump – Prelim & FINAL

SATURDAY, MARCH 5

IMPLEMENT CHECK-IN: 9:00 am – 12:00 pm

RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

12:00 pm – Championship Ceremonies	1:50 pm – Women's 60m FINAL	3:15 pm – Women's 200m FINAL
12:25 pm – Women's Mile FINAL	2:00 pm – Men's 60m FINAL	3:25 pm – Men's 200m FINAL
12:35 pm – Men's Mile FINAL	2:10 pm – Women's 800m FINAL	3:35 pm – Women's 5,000m FINAL
12:45 pm – Women's 60m Hurdle FINAL	2:15 pm – Men's 800m FINAL	4:00 pm – Men's 5,000m FINAL
12:55 pm – Men's 60m Hurdle FINAL	2:25 pm – Women's 1,000m FINAL	4:20 pm – Women's DMR FINAL
1:05 pm – Women's 400m FINAL	2:35 pm – Men's 1,000m FINAL	4:40 pm – Men's DMR FINAL
1:15 pm – Men's 400m FINAL	2:45 pm – Women's 3,000m FINAL	4:55 pm – Women's 1,600m Relay FINAL
1:25 pm – Women's 600m FINAL	3:00 pm – Men's 3,000m FINAL	5:15 pm – Men's 1,600m Relay FINAL
1:35 pm – Men's 600m FINAL		5:30 pm – Awards Ceremony

FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:00 am – Women's Triple Jump – Prelim & FINAL	1:15 pm – Men's Pole Vault – Prelim & FINAL
11:00 am – Women's Shot Put – Prelim & FINAL	1:30 pm – Men's Triple Jump – Prelim & FINAL
2:00 pm – Men's Shot Put – Prelim & FINAL	1:30 pm – Women's High Jump – Prelim & FINAL