



*All times listed are Eastern Time
Schedule is subject to change*

THURSDAY, MAY 28

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
2:00 PM	400 Hurdles	Women	First Round
2:30 PM	400 Hurdles	Men	First Round
3:00 PM	1500 Meters	Women	First Round
3:30 PM	1500 Meters	Men	First Round
4:00 PM	100 Meters	Women	First Round
4:25 PM	100 Meters	Men	First Round
4:50 PM	400 Meters	Women	First Round
5:15 PM	400 Meters	Men	First Round
5:40 PM	800 Meters	Women	First Round
6:05 PM	800 Meters	Men	First Round
9:00 PM	10,000 Meters	Women	Semifinal
9:40 PM	10,000 Meters	Men	Semifinal

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
11:00 AM	*Hammer	Women	First Round
11:00 AM	Javelin	Men	First Round
1:00 PM	Long Jump	Men	First Round
3:00 PM	*Hammer	Men	First Round
3:30 PM	Pole Vault	Men	First Round
4:00 PM	Long Jump	Women	First Round

FRIDAY, MAY 29

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
2:00 PM	100 Hurdles	Women	First Round
2:30 PM	110 Hurdles	Men	First Round
3:00 PM	400 Meters	Women	Quarterfinal
3:15 PM	400 Meters	Men	Quarterfinal
3:30 PM	100 Meters	Women	Quarterfinal
3:45 PM	100 Meters	Men	Quarterfinal
4:00 PM	800 Meters	Women	Quarterfinal
4:15 PM	800 Meters	Men	Quarterfinal
4:30 PM	400 Hurdles	Women	Quarterfinal
4:45 PM	400 Hurdles	Men	Quarterfinal
5:00 PM	200 Meters	Women	First Round
5:25 PM	200 Meters	Men	First Round
5:50 PM	3000 Steeplechase	Women	Quarterfinal
6:30 PM	3000 Steeplechase	Men	Quarterfinal

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
11:00 AM	*Discus	Men	First Round
11:00 AM	Javelin	Women	First Round
2:00 PM	High Jump	Men	First Round
3:00 PM	*Discus	Women	First Round
3:30 PM	Pole Vault	Women	First Round

SATURDAY, MAY 30

TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
5:00 PM	4x100 Relay	Women	Quarterfinal
5:15 PM	4x100 Relay	Men	Quarterfinal
5:30 PM	1500 Meters	Women	Quarterfinal
5:45 PM	1500 Meters	Men	Quarterfinal
6:05 PM	100 Hurdles	Women	Quarterfinal
6:20 PM	110 Hurdles	Men	Quarterfinal
6:35 PM	200 Meters	Women	Quarterfinal
6:50 PM	200 Meters	Men	Quarterfinal
7:05 PM	5000 Meters	Women	Semifinal
7:45 PM	5000 Meters	Men	Semifinal
8:25 PM	4x400 Relay	Women	Quarterfinal
8:45 PM	4x400 Relay	Men	Quarterfinal

FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
3:00 PM	Triple Jump	Men	First Round
4:00 PM	High Jump	Women	First Round
4:00 PM	*Shot Put	Women	First Round
6:00 PM	Triple Jump	Women	First Round
6:30 PM	*Shot Put	Men	First Round

* Discus, Hammer & Shot Put for both men & women conducted outside the oval