



Friday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00 AM	60 Meters	Men	Heptathlon
~10:40 AM	Long Jump (<i>Outer Pit</i>)	Men	Heptathlon
~1:00 PM	Shot Put (<i>main circle</i>)	Men	Heptathlon
~3:00 PM	High Jump (<i>2 pits</i>)	Men	Heptathlon

Saturday - Men's Heptathlon			
Start Time	Event	Gender	Description
10:00 AM	60 Meter Hurdles	Men	Heptathlon
~11:20 AM	Pole Vault (<i>1 pit</i>)	Men	Heptathlon
~4:45 PM	1000 Meters	Men	Heptathlon

Friday - Women's Pentathlon			
Start Time	Event	Gender	Description
10:20 AM	60 Meter Hurdles	Women	Pentathlon
~11:20 AM	High Jump (<i>2 pits</i>)	Women	Pentathlon
~1:05 PM	Shot Put (<i>secondary</i>)	Women	Pentathlon
~2:35 PM	Long Jump (<i>Outer Pit</i>)	Women	Pentathlon
~4:20 PM	800 Meters	Women	Pentathlon

Saturday			
Field Events			
Start Time	Event	Gender	Description
11:00 AM	Triple Jump (<i>Outer Pit</i>)	Women	Prelims & Final
11:00 AM	Shot Put	Men	Prelims & Final
12:00 PM	High Jump	Men	Final
2:30 PM	Shot Put	Women	Prelims & Final
2:30 PM	Triple Jump (<i>Inner Pit</i>)	Men	Prelims & Final
3:00 PM	High Jump	Women	Final
Running Events			
10:00 AM	60 Meter Hurdles	Men	Heptathlon
2:50 PM	National Anthem		
3:00 PM	60 Meter Hurdles	Men	Final
3:10 PM	60 Meter Hurdles	Women	Final
3:25 PM	60 Meters	Men	Final
3:35 PM	60 Meters	Women	Final
4:00 PM	Mile	Men	Final
4:15 PM	Mile	Women	Final
4:25 PM	400 Meters	Men	Final
4:40 PM	400 Meters	Women	Final
4:50 PM	800 Meters	Men	Final
5:05 PM	800 Meters	Women	Final
5:15 PM	200 Meters	Men	Final
5:30 PM	200 Meters	Women	Final
5:40 PM	3000 Meters	Men	Final
6:00 PM	3000 Meters	Women	Final
6:20 PM	4x400 Meter Relay	Men	Final
6:40 PM	4x400 Meter Relay	Women	Final

Friday			
Field Events			
Start Time	Event	Gender	Description
10:00 AM	35 lb. Weight Throw	Men	Prelims & Final
11:00 AM	Pole Vault	Women	Final
12:00 PM	Long Jump (<i>Inner Pit</i>)	Women	Prelims & Final
3:30 PM	Long Jump (<i>Inner Pit</i>)	Men	Prelims & Final
3:30 PM	20 lb. Weight Throw	Women	Prelims & Final
3:30 PM	Pole Vault	Men	Final
Running Events			
10:00 AM	60 Meters	Men	Heptathlon
10:20 AM	60 Meter Hurdles	Women	Pentathlon
1:20 PM	National Anthem		
1:30 PM	60 Meter Hurdles	Men	Prelims
1:45 PM	60 Meter Hurdles	Women	Prelims
2:00 PM	60 Meters	Men	Prelims
2:15 PM	60 Meters	Women	Prelims
2:35 PM	Mile	Men	Prelims
2:50 PM	Mile	Women	Prelims
3:05 PM	400 Meters	Men	Prelims
3:25 PM	400 Meters	Women	Prelims
3:45 PM	800 Meters	Men	Prelims
4:00 PM	800 Meters	Women	Prelims
4:15 PM	200 Meters	Men	Prelims
4:30 PM	200 Meters	Women	Prelims
4:45 PM	5000 Meters	Men	Final
5:10 PM	5000 Meters	Women	Final
5:35 PM	4 X 400 Relay	Men	Prelims
5:55 PM	4 x 400 Relay	Women	Prelims
6:15 PM	Distance Medley Relay	Men	Final
6:30 PM	Distance Medley Relay	Women	Final

~ = approximate time
All times Eastern