### THURSDAY - MEN'S DECATHLON

<table>
<thead>
<tr>
<th>Start time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 AM</td>
<td>100 Meters</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~11:15 AM</td>
<td>Long Jump</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~12:25 PM</td>
<td>Shot Put</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~1:45 PM</td>
<td>High Jump (2 pits)</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~3:40 PM</td>
<td>400 Meters</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
</tbody>
</table>

### THURSDAY - WOMEN'S HEPTATHLON

<table>
<thead>
<tr>
<th>Start time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 AM</td>
<td>100 Meter Hurdles</td>
<td>Women</td>
<td>Heptathlon</td>
</tr>
<tr>
<td>~12:15 PM</td>
<td>High Jump (2 pits)</td>
<td>Women</td>
<td>Heptathlon</td>
</tr>
<tr>
<td>~2:15 PM</td>
<td>Shot Put</td>
<td>Women</td>
<td>Heptathlon</td>
</tr>
<tr>
<td>~3:30 PM</td>
<td>200 Meters</td>
<td>Women</td>
<td>Heptathlon</td>
</tr>
</tbody>
</table>

### FRIDAY - MEN'S DECATHLON

<table>
<thead>
<tr>
<th>Start time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM</td>
<td>110 Meter Hurdles</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~10:45 AM</td>
<td>Discus</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~12:00 PM</td>
<td>Pole Vault (2 pits)</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~2:45 PM</td>
<td>Javelin</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
<tr>
<td>~4:30 PM</td>
<td>1500 Meters</td>
<td>Men</td>
<td>Decathlon</td>
</tr>
</tbody>
</table>

### FRIDAY - WOMEN'S HEPTATHLON

<table>
<thead>
<tr>
<th>Start time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 AM</td>
<td>Long Jump</td>
<td>Women</td>
<td>Pentathlon</td>
</tr>
<tr>
<td>~12:15 PM</td>
<td>Javelin</td>
<td>Women</td>
<td>Pentathlon</td>
</tr>
<tr>
<td>~2:45 PM</td>
<td>800 Meters</td>
<td>Women</td>
<td>Pentathlon</td>
</tr>
</tbody>
</table>

### SATURDAY - FIELD EVENTS

<table>
<thead>
<tr>
<th>Start time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 AM</td>
<td>Shot Put</td>
<td>Men</td>
<td>Prelims &amp; Final</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Triple Jump</td>
<td>Men</td>
<td>Prelims &amp; Final</td>
</tr>
<tr>
<td>2:00 AM</td>
<td>Shot Put</td>
<td>Men</td>
<td>Prelims &amp; Final</td>
</tr>
<tr>
<td>2:00 AM</td>
<td>Triple Jump</td>
<td>Men</td>
<td>Prelims &amp; Final</td>
</tr>
</tbody>
</table>

### SATURDAY - RUNNING EVENTS

<table>
<thead>
<tr>
<th>Start time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>National Anthem</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>12:05 PM</td>
<td>4x100 Meter Relay</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>12:15 PM</td>
<td>4x100 Meter Relay</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>12:25 PM</td>
<td>1500 Meters</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>12:35 PM</td>
<td>1500 Meters</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>12:50 PM</td>
<td>100 Meter Hurdles</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>12:55 PM</td>
<td>400 Meters</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>400 Meters</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>1:10 PM</td>
<td>100 Meter</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>100 Meter</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>1:40 PM</td>
<td>100 Meter</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>1:50 PM</td>
<td>800 Meters</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>800 Meters</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>2:15 PM</td>
<td>400 Meter Hurdles</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>2:25 PM</td>
<td>400 Meter Hurdles</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>2:40 PM</td>
<td>200 Meters</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>2:50 PM</td>
<td>200 Meters</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>5000 Meters</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>3:25 PM</td>
<td>5000 Meters</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>3:50 PM</td>
<td>4x400 Meter Relay</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>4x400 Meter Relay</td>
<td>Men</td>
<td>Final</td>
</tr>
</tbody>
</table>

### RUNNING EVENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Gender</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:05 PM</td>
<td>National Anthem</td>
<td>Men</td>
<td>Final</td>
</tr>
<tr>
<td>2:10 PM</td>
<td>100 Meter Hurdles</td>
<td>Women</td>
<td>Prelims</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>110 Meter Hurdles</td>
<td>Men</td>
<td>Prelims</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>400 Meters</td>
<td>Women</td>
<td>Prelims</td>
</tr>
<tr>
<td>3:15 PM</td>
<td>400 Meters</td>
<td>Men</td>
<td>Prelims</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>100 Meter</td>
<td>Women</td>
<td>Prelims</td>
</tr>
<tr>
<td>3:45 PM</td>
<td>100 Meter</td>
<td>Men</td>
<td>Prelims</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>800 Meters</td>
<td>Women</td>
<td>Prelims</td>
</tr>
<tr>
<td>4:15 PM</td>
<td>800 Meters</td>
<td>Men</td>
<td>Prelims</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>3000 Meter Steeplechase</td>
<td>Women</td>
<td>Final</td>
</tr>
<tr>
<td>4:45 PM</td>
<td>3000 Meter Steeplechase</td>
<td>Men</td>
<td>Final</td>
</tr>
</tbody>
</table>

### BREAKS

- **7:00 PM**  4x400 Meter Relay | Women | Prelims
- **7:15 PM**  4x400 Meter Relay | Men | Prelims
- **8:30 PM**  10,000 Meters | Women | Final
- **9:15 PM**  10,000 Meters | Men | Final