

Approximate Time Schedule

3:00pm Coaches meeting

Field Events:

- 3:30 Men's Long Jump
Men's Shot Put
Men's Javelin
Women's Long Jump Women's High Jump
Women's Pole Vault
Women's Discus
- 4:45 Men's Triple Jump
Men's High Jump
Men's Pole Vault
Men's Discus
Women's Shot Put
Women's Triple Jump
Women's Javelin

Running Events:

- 4:00 Women's DMR Relay
Men's DMR Relay
- 4:30 Women's 4x100m Relay
Men's 4x100m Relay
- 4:40 Women's 1500m Run
Men's 1500m Run
- 4:55 Women's 100m Dash
Men's 100m Dash
- 5:10 Women's 400m Dash
Men's 400m Dash
- 5:30 Women's 4x200m Relay
Men's 4x200m Relay
- 5:50 Women's 100m Hurdles
Men's 110m Hurdles
- 6:10 Women's 800m Run
Men's 800m Run
- 6:25 Women's 200m Dash
Men's 200m Dash
- 6:40 Women's 300m Hurdles
Men's 300m Hurdles
- 7:00 Women's 3000m Run
Men's 3000m Run
- 7:25 Women's 4x400m Relay
Men's 4x400m Relay
- 7:50 Awards Ceremony (team trophy presentation)