



Schedule of Events

THURSDAY, MARCH 1

Practice: 8 a.m. – 9:30 a.m. **IMPLEMENT CHECK-IN:** 10 a.m. – Noon

WOMEN'S PENTATHLON

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

MEN'S HEPTATHLON

12:30 p.m. 60m Dash
Long Jump
Shot Put
High Jump

RUNNING EVENTS

CHECK IN NO LATER THAN 30 MIN BEFORE EVENT BEGINS

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

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

FRIDAY, MARCH 2

IMPLEMENT CHECK-IN: 10:30 a.m. – Noon

MEN'S HEPTATHLON

10 a.m. 60m Hurdles
Pole Vault
1000m Run

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

10:30 a.m. Women's 3,000m Walk – **FINAL**
11:25 p.m. 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 p.m. – Men's 600m	3:55 p.m. – Women's 3,000m
12:20 p.m. – Men's Mile	2:25 p.m. – Women's 60m	4:15 p.m. – Men's 3,000m
12:35 p.m. – Women's 60m Hurdles	2:35 p.m. – Men's 60m	4:40 p.m. – Women's 200m
12:50 p.m. – Men's 60m Hurdles	2:45 p.m. – Women's 800m	5:00 p.m. – Men's 200m
1:05 p.m. – Women's 400m	3:00 p.m. – Men's 800m	5:20 p.m. – Women's 3,200m Relay FINAL
1:25 p.m. – Men's 400m	3:15 p.m. – Women's 1,000m	5:35 p.m. – Men's 3,200m Relay FINAL
1:45 p.m. – Women's 600m	3:30 p.m. – Men's 1,000m	

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

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

SATURDAY, MARCH 3

IMPLEMENT CHECK-IN: 8 a.m. – Noon

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

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

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

10:00 a.m. – Women's Triple Jump – Prelim & FINAL	1:15 p.m. – Men's Pole Vault – Prelim & FINAL
10:00 a.m. – Women's Shot Put – Prelim & FINAL	1:30 p.m. – Men's Triple Jump – Prelim & FINAL
1:00 p.m. – Men's Shot Put – Prelim & FINAL	1:30 p.m. – Women's High Jump – Prelim & FINAL

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