

Friday	Junior Men	Junior Women	Int. Men	Int. Women	Senior Men	Senior Women
8:45	100 m Pent		100 m Pent		100 m Pent	
9:00	3000 m					
9:10	Long Jump		Discus			
9:20		3000 m/Triple Jump				
9:30	HJ Pent	Shot Put	HJ Pent		HJ Pent	
9:40			3000 m			
10:00	Pole Vault			3000 m		
10:10						
10:20					3000 m	
10:30					Javelin	
10:40						3000 m/Discus
10:55			OPENING CEREMONIES			
11:05	200 m Heats					
11:12		200 m Heats				Long Jump
11:19			200 m Heats			
11:26				200 m Heats		
11:33				High Jump	200 m Heats/TJ	
11:40						200 m Heats
11:48		80 m Hurdle Heats				
11:56				80 m Hurdle Heats		
12:00	SP Pent		SP Pent/Pole Vault		SP Pent	
12:04						80 m Hurdle Heats
12:12	100 m Hurdle Heats					
12:20			100 m Hurdle Heats			
12:28	Discus				100 m Hurdle Heats	
LUNCH BREAK						
1:00				Javelin		
1:30	800 m Final					High Jump
1:38		800 m Final	Shot Put			
1:46	LJ Pent/Triple Jump		LJ Pent/800 m Final		LJ Pent	
1:54				800 m Final		
2:02					800M Final	
2:10			Para-Ambulatory/Seated Throws (at the Discus Circle)			800 m Final
2:20					100 m Hurdle Final/Pole Vault	
2:30			100 m Hurdle Final			
2:35	100 m Hurdle Final					
2:40						
2:45						80 m Hurdle Final
2:50				80 m Hurdle Final		
2:55		80 m Hurdle Final				
3:05	800 m Pent		800 m Pent		800 m Pent	
3:10		Javelin				
3:15	Para-Ambulatory/Wheelchair/Intellectual 200 m OPEN Final			Long Jump	Shot Put	
3:30			High Jump			
3:35	200 m Final					
3:40		200 m Final				
3:45			200 m Final			
3:50				200 m Final		
3:55					200 m Final	
4:00						200 m Final
4:15	4x100 m Heats					
4:20		4x100 m Heats				
4:25			4x100 m Heats			
4:30				4x100 m Heats		
4:35					4x100 m Heats	
4:40						4x100 m Heats
4:50	4x400 m Open		4x400 m Open		4x400 m Open	
5:00		4x400 m Open		4x400 m Open		4x400 m Open