



DAY 1 - THURSDAY, MAY 9

COMBINED EVENTS

11:30am	100m (DEC)	Final
12:00pm	100mH (HEP)	Final
12:10pm	Long Jump (DEC)	Final
12:45pm	High Jump (HEP)	Final
1:10pm	Shot Put (DEC)	Final
2:10pm	High Jump (DEC)	Final
2:45pm	Shot Put (HEP)	Final
4:00pm	200m (HEP)	Final
4:15pm	400m (DEC)	Final

FIELD EVENTS

12:00pm	Hammer Throw (M)	Final
2:15pm	Hammer Throw (W)	Final
4:45pm	Javelin (M)	Final
6:45pm	Javelin (W)	Final

RUNNING EVENTS

9:20pm	1,500m (M)	Prelim
9:40pm	1,500m (W)	Prelim
10:00pm	200m (M)	Prelim
10:25pm	200m (W)	Prelim
10:50pm	400mH (M)	Prelim
11:10pm	400mH (W)	Prelim
11:30pm	10,000m (M)	Final
12:05am	10,000m (W)	Final

DAY 2 - FRIDAY, MAY 10

COMBINED EVENTS

9:15am	Javelin (W)	Final
11:00am	110mH (DEC)	Final
11:45am	Discus (DEC)	Final
	Long Jump (HEP)	Final
12:55pm	Pole Vault (DEC)	Final
1:00pm	Javelin (HEP)	Final
2:30pm	800m (HEP)	Final
9:30pm	Javelin (DEC) - North Runway	Final
10:35pm	1500m (DEC)	Final

FIELD EVENTS

4:00pm	Pole Vault (W)	Final
9:30pm	Long Jump (W) - West Pit	Final
	Shot Put (M) - East Pit	Final
	High Jump (M)	Final
9:30pm	Shot Put (W) - West Pit	Final
	Long Jump (M) - East Pit	Final

RUNNING EVENTS

9:30pm	110mH (M)	Prelim
9:45pm	100mH (W)	Prelim
9:55pm	800m (M)	Prelim
10:15pm	800m (W)	Prelim
10:35pm	1500m (DEC)	Final
10:45pm	400m (M)	Prelim
11:00pm	400m (W)	Prelim
11:15pm	100m (M)	Prelim
11:25pm	100m (W)	Prelim
11:40pm	3,000m Steeplechase (M)	Final
11:55pm	3,000m Steeplechase (W)	Final

DAY 3 - SATURDAY, MAY 11

FIELD EVENTS

11:00am	Pole Vault (W)	Final
12:00pm	High Jump (M)	Final
2:00pm	Discus (M)	Final
3:15pm	High Jump (W)	Final
3:30pm	Triple Jump (W) - West Pit	Final
4:00pm	Pole Vault (M)	Final
4:30pm	Discus (W)	Final
5:45pm	Triple Jump (M) - East Pit	Final

RUNNING EVENTS

4:00pm	4x100m Relay (M)	Final
4:10pm	4x100m Relay (W)	Final
4:20pm	1500m (M)	Final
4:30pm	1500m (W)	Final
4:40pm	110mH (M)	Timed Final
4:55pm	100mH (W)	Timed Final
5:05pm	400m (M)	Timed Final
5:20pm	400m (W)	Timed Final
5:35pm	100m (M)	Timed Final
5:50pm	100m (W)	Timed Final
6:05pm	800m (M)	Timed Final
6:20pm	800m (W)	Timed Final
6:35pm	400mH (M)	Final
6:45pm	400mH (W)	Final
6:55pm	200m (M)	Final
7:05pm	200m (W)	Final
7:15pm	5,000m (M)	Final
7:35pm	5,000m (W)	Final
8:00pm	4x400m Relay (M)	Final
8:15pm	4x400m Relay (W)	Final

UPDATED ON 5.11.24 at 1:40AM