

Day 1, Friday, March 27

Lp.	Hour	Competition	Category	
			W	M
1	1:00 PM	Long jump	W 80	
2	1:05 PM	Long jump	W 85	
3	1:10 PM	Long jump	W 90	
4	1:15 PM	High Jump	W 65	
5	1:20 PM	High Jump	W 60	
6	1:25 PM	High Jump	W 35	
7	1:30 PM	High Jump		M 85
8	1:35 PM	High Jump		M 90
9	1:40 PM	High Jump		M 60
10	1:45 PM	Hammer Throw		M 35
11	1:50 PM	Hammer Throw		M 40
	1:55 PM			
	2:00 PM			
12	2:05 PM	Discuss	W 35	
13	2:10 PM	Discuss	W 40	
14	2:15 PM	Long jump	W 75	
15	2:20 PM	Long jump	W 70	
16	2:25 PM	Javelin		M 90
17	2:30 PM	Javelin		M 85
18	2:35 PM	Javelin		M 80
19	2:40 PM	Discuss	W 45	
20	2:45 PM	Weight Throw		M 45
21	2:50 PM	High Jump		M 80
22	2:55 PM	High Jump		M 55
23	3:00 PM	High Jump	W 55	
24	3:05 PM	High Jump		M 75
25	3:10 PM	Weight Throw		M 50
26	3:15 PM	Discuss	W 50	
27	3:20 PM	Long jump	W 65	
28	3:25 PM	3000m	W 65	
29	3:30 PM	3000m	W 70	
30	3:35 PM	3000m	W 75	
31	3:40 PM	3000m	W 80	
32	3:45 PM	3000m	W 60	
33	3:50 PM	3000m	W 55	

Lp.	Hour	Competition	Category	
			W	M
34	6:00 PM	Long jump	W 60	
35	6:05 PM	High Jump		M 50
36	6:10 PM	Javelin		M 75
37	6:15 PM	3000m	W 50	
38	6:20 PM	3000m	W 45	
39	6:25 PM	3000m	W 40	
40	6:30 PM	3000m	W 35	
41	6:35 PM	High Jump	W 50	
42	6:40 PM	High Jump		M 70
43	6:45 PM	Weight Throw		M 55
44	6:50 PM	Discuss	W 55	
45	6:55 PM	Javelin		M 70
46	7:00 PM	3000m		M 80
47	7:05 PM	3000m		M 85
48	7:10 PM	3000m		M 90
49	7:15 PM	High Jump		M 45
50	7:20 PM	3000m		M 75
51	7:25 PM	3000m		M 70
52	7:30 PM	3000m		M 65
53	7:35 PM	High Jump	W 45	
54	7:40 PM	Discuss	W 60	
55	7:45 PM	Javelin		M 65
56	7:50 PM	Weight Throw		M 60
57	7:55 PM	High Jump		M 65
58	8:00 PM	High Jump		M 40
59	8:05 PM	3000m		M 60
60	8:10 PM	3000m		M 55
61	8:15 PM	3000m		M 50
62	8:20 PM	High Jump	W 40	
63	8:25 PM	High Jump		M 35
64	8:30 PM	3000m		M 45
65	8:35 PM	3000m		M 40
66	8:40 PM	3000m		M 35

Day 2, Saturday, March 28

Lp.	Hour	Competition	Category	
			W	M
1	2:00 PM	3000m RW	W 70	
2	2:05 PM	3000m RW	W 75	
3	2:10 PM	3000m RW	W 85	
4	2:15 PM	3000m RW	W 90	
5	2:20 PM	3000m RW	W 65	
6	2:25 PM	3000m RW		M 75
7	2:30 PM	3000m RW		M 80
8	2:35 PM	3000m RW		M 85
9	2:40 PM	3000m RW		M 90
10	2:45 PM	Weight Throw		M 75
11	2:50 PM	Weight Throw		M 80
12	2:55 PM	Weight Throw		M 85
13	3:00 PM	Weight Throw		M 90
14	3:05 PM	Discuss	W 65	
15	3:10 PM	Discuss	W 70	
16	3:15 PM	Long Jump		M 40
17	3:20 PM	Long Jump	W 35	
18	3:25 PM	Shot Put		M 35
19	3:30 PM	Shot Put		M 40
20	3:35 PM	Hammer	W 35	
21	3:40 PM	Shot Put		M 45
22	3:45 PM	Long Jump	W 40	
23	3:50 PM	Discuss	W 75	
24	3:55 PM	High Jump	W 70	
25	4:00 PM	Hammer	W 40	
26	4:05 PM	Discuss	W 80	
27	4:10 PM	Discuss	W 85	
28	4:15 PM	Discuss	W 90	
29	4:20 PM	High Jump	W 75	
30	4:25 PM	High Jump	W 80	
31	4:30 PM	3000m RW	W 35	
32	4:35 PM	3000m RW	W 40	
33	4:40 PM	3000m RW	W 45	
34	4:45 PM	3000m RW	W 50	
35	4:50 PM	Long Jump	W 45	
36	4:55 PM	3000m RW	W 55	
37	5:00 PM	3000m RW	W 60	

Lp.	Hour	Competition	Category	
			W	M
38	6:30 PM	Hammer	W 45	
39	6:35 PM	Javelin	W 60	
40	6:40 PM	Shot Put		M 50
41	6:45 PM	Shot Put		M 55
42	6:50 PM	Long Jump	W 50	
43	6:55 PM	3000m RW		M 35
44	7:00 PM	3000m RW		M 40
45	7:05 PM	3000m RW		M 45
46	7:10 PM	3000m RW		M 50
47	7:15 PM	Hammer	W 50	
48	7:20 PM	3000m RW		M 55
49	7:25 PM	3000m RW		M 60
50	7:30 PM	3000m RW		M 65
51	7:35 PM	3000m RW		M 70
52	7:40 PM	Javelin	W 55	
53	7:45 PM	Shot Put		M 60
54	7:50 PM	Long Jump	W 55	
55	7:55 PM	60m hurdles	W 35	
56	8:00 PM	60m hurdles	W 40	
57	8:05 PM	60m hurdles	W 45	
58	8:10 PM	60m hurdles	W 50	
59	8:15 PM	60m hurdles	W 55	
60	8:20 PM	60m hurdles	W 60	
61	8:25 PM	60m hurdles	W 65	
62	8:30 PM	60m hurdles	W 70	
63	8:35 PM	60m hurdles	W 75	
64	8:40 PM	60m hurdles	W 80	
65	8:45 PM	60m hurdles	W 85	

Day 3, Sunday, March 29

Lp.	Hour	Competition	Category	
			W	M
1	12:00 PM	Long Jump		M 35
2	12:05 PM	Long Jump		M 45
3	12:10 PM	Long Jump		M 50
4	12:15 PM	Shot Put		M 65
5	12:20 PM	Shot Put		M 70
6	12:25 PM	Shot Put	W 35	
7	12:30 PM	Shot Put	W 40	
8	12:35 PM	Discuss		M 35
9	12:40 PM	Weight Throw	W 65	
10	12:45 PM	Long Jump		M 75
	12:50 PM			
11	12:55 PM	5km		M 35
12	1:00 PM	5km Team		M 35
13	1:05 PM	5km		M 40
14	1:10 PM	5km Team		M 40
15	1:15 PM	5km		M 45
16	1:20 PM	5km Team		M 45
17	1:25 PM	5km		M 50
18	1:30 PM	5km Team		M 50
19	1:35 PM	Discuss		M 40
20	1:40 PM	Shot Put	W 45	
21	1:45 PM	Weight Throw	W 70	
	1:50 PM			
22	1:55 PM	5km		M 55
23	2:00 PM	5km Team		M 55
24	2:05 PM	5km		M 60
25	2:10 PM	5km Team		M 60
26	2:15 PM	5km		M 65
27	2:20 PM	5km Team		M 65
28	2:25 PM	5km		M 70
29	2:30 PM	5km Team		M 70
30	2:35 PM	5km		M 75
31	2:40 PM	5km Team		M 75
32	2:45 PM	5km		M 80
33	2:50 PM	5km Team		M 80
34	2:55 PM	5km		M 85
35	3:00 PM	5km		M 90
36	3:05 PM	5km	W 35	
37	3:10 PM	5km Team	W 35	
38	3:15 PM	5km	W 40	
39	3:20 PM	5km Team	W 40	
40	3:25 PM	5km	W 45	
41	3:30 PM	5km Team	W 45	
42	3:35 PM	5km	W 50	
43	3:40 PM	5km Team	W 50	
44	3:45 PM	5km	W 55	
45	3:50 PM	5km Team	W 55	
46	3:55 PM	5km	W 60	
47	4:00 PM	5km Team	W 65	
48	4:05 PM	5km	W 70	
49	4:10 PM	5km Team	W 70	
50	4:15 PM	5km	W 75	
51	4:20 PM	5km	W 80	
	4:25 PM			

Lp.	Hour	Competition	Category	
			W	M
52	4:30 PM	Long Jump		M 55
53	4:35 PM	Long Jump		M 80
54	4:40 PM	Javelin		M 45
55	4:45 PM	Javelin		M 50
56	4:50 PM	Weight Throw	W 75	
57	4:55 PM	Weight Throw	W 80	
58	5:00 PM	Weight Throw	W 85	
59	5:05 PM	Weight Throw	W 90	
60	5:10 PM	Shot Put	W 50	
61	5:15 PM	Shot Put	W 55	
62	5:20 PM	Long Jump		M 60
63	5:25 PM	Long Jump		M 85
64	5:30 PM	Long Jump		M 90
65	5:35 PM	Long Jump		M 95
66	5:40 PM	Weight Throw		M 65
67	5:45 PM	Javelin		M 55
68	5:50 PM	400m		M 35
69	5:55 PM	400m		M 40
70	6:00 PM	400m		M 45
71	6:05 PM	400m		M 50
72	6:10 PM	400m		M 55
73	6:15 PM	400 m		M 60
74	6:20 PM	400 m		M 65
75	6:25 PM	400 m		M 70
76	6:30 PM	400 m		M 75
77	6:35 PM	400 m		M 80
78	6:40 PM	400 m		M 85
79	6:45 PM	400 m		M 90
80	6:50 PM	400 m		M 95
	6:55 PM			
81	7:00 PM	Long Jump		M 65
82	7:05 PM	Shot Put	W 60	
83	7:10 PM	Weight Throw		M 70
84	7:15 PM	Javelin		M 60
85	7:20 PM	Long Jump		M 70
86	7:25 PM	400 m	W 85	
87	7:30 PM	400 m	W 80	
88	7:35 PM	400 m	W 75	
89	7:40 PM	400 m	W 70	
90	7:45 PM	400 m	W 65	
91	7:50 PM	400 m	W 60	
92	7:55 PM	400 m	W 55	
93	8:00 PM	400 m	W 50	
94	8:05 PM	400 m	W 45	
95	8:10 PM	400 m	W 40	
96	8:15 PM	400 m	W 35	
97	8:20 PM	Shot Put		M 75
98	8:25 PM	Triple Jump	W 60	

Day 4, Monday, March 30

Lp.	Hour	Competition	Category	
			W	M
1	2:30 PM	Shot Put		M 80
2	2:35 PM	Shot Put		M 85
3	2:40 PM	Shot Put		M 90
4	2:45 PM	Triple Jump	W 65	
5	2:50 PM	Triple Jump	W 70	
6	2:55 PM	Triple Jump	W 75	
7	3:00 PM	Triple Jump	W 80	
8	3:05 PM	Triple Jump	W 85	
9	3:10 PM	Triple Jump		M 85
10	3:15 PM	Triple Jump		M 90
11	3:20 PM	Discuss		M 60
12	3:25 PM	Weight Throw	W 35	
13	3:30 PM	Weight Throw	W 40	
14	3:35 PM	Shot Put	W 80	
15	3:40 PM	Shot Put	W 85	
16	3:45 PM	Shot Put	W 90	
17	3:50 PM	Pole Vault	W 35	
18	3:55 PM	Pole Vault	W 40	
19	4:00 PM	Discuss		M 65
20	4:05 PM	Weight Throw	W 45	
21	4:10 PM	Weight Throw	W 50	
22	4:15 PM	Discuss		M 70
23	4:20 PM	Pole Vault	W 45	
24	4:25 PM	Pole Vault	W 50	
25	4:30 PM	Discuss		M 75
26	4:35 PM	Weight Throw	W 55	
	4:40 PM			
	4:45 PM			
	4:50 PM			
	4:55 PM			
	5:00 PM			
	5:05 PM			
	5:10 PM			
	5:15 PM			
	5:20 PM			
	5:25 PM			
	5:30 PM			

Lp.	Hour	Competition	Category	
			W	M
27	6:00 PM	Pentathlon		M 35
28	6:05 PM	Pentathlon		M 40
29	6:10 PM	Discuss		M 80
30	6:15 PM	Weight Throw	W 60	
31	6:20 PM	Pole Vault	W 55	
32	6:25 PM	Pole Vault	W 60	
33	6:30 PM	Javelin		M 35
34	6:35 PM	60 m	W 35	
35	6:40 PM	60 m	W 40	
36	6:45 PM	60 m	W 45	
37	6:50 PM	60 m	W 50	
38	6:55 PM	60 m	W 55	
39	7:00 PM	60 m	W 60	
40	7:05 PM	60 m	W 65	
41	7:10 PM	60 m	W 70	
42	7:15 PM	60 m	W 75	
43	7:20 PM	60 m	W 80	
44	7:25 PM	60 m	W 85	
45	7:30 PM	60 m	W 90	
46	7:35 PM	Hammer		M 50
47	7:40 PM	Discuss		M 85
48	7:45 PM	Discuss		M 90
49	7:50 PM	Triple Jump		M 60
50	7:55 PM	Pentathlon		M 45
51	8:00 PM	Pentathlon		M 50
52	8:05 PM	Javelin		M 40
53	8:10 PM	Pole Vault	W 65	
54	8:15 PM	Pole Vault	W 70	
55	8:20 PM	Pole Vault	W 75	
56	8:25 PM	Shot Put	W 75	
57	8:30 PM	60 m		M 95
58	8:35 PM	60 m		M 90
59	8:40 PM	60 m		M 85
60	8:45 PM	60 m		M 80
61	8:50 PM	60 m		M 75
62	8:55 PM	60 m		M 70
63	9:00 PM	60 m		M 65
64	9:05 PM	Hammer		M 55
65	9:10 PM	Hammer		M 45
66	9:15 PM	Triple Jump		M 65
67	9:20 PM	Shot Put	W 70	
68	9:25 PM	60 m		M 60
69	9:30 PM	60 m		M 55
70	9:35 PM	60 m		M 50
71	9:40 PM	60 m		M 45
72	9:45 PM	60 m		M 40
73	9:50 PM	60 m		M 35
74	9:55 PM	Pentathlon		M 55

Day 5, Tuesday, March 31

Lp.	Hour	Competition	Category	
			W	M
1	1:00 PM	Triple Jump		M 70
2	1:05 PM	Triple Jump		M 75
3	1:10 PM	Triple Jump		M 80
4	1:15 PM	Shot Put	W 65	
5	1:20 PM	Pole Vault		M 35
6	1:25 PM	Javelin	W 65	
7	1:30 PM	Weight Throw		M 35
8	1:35 PM	Weight Throw		M 40
9	1:40 PM	5km RW	W 35	
10	1:45 PM	5km RW	W 40	
11	1:50 PM	5km RW Team	W 40	
12	1:55 PM	5km RW	W 45	
13	2:00 PM	5km RW Team	W 45	
14	2:05 PM	5km RW	W 50	
15	2:10 PM	5km RW Team	W 50	
16	2:15 PM	5km RW	W 55	
17	2:20 PM	5km RW Team	W 55	
18	2:25 PM	5km RW	W 60	
19	2:30 PM	5km RW Team	W 60	
20	2:35 PM	5km RW	W 65	
21	2:40 PM	5km RW Team	W 65	
22	2:45 PM	5km RW	W 70	
23	2:50 PM	5km RW Team	W 70	
24	2:55 PM	5km RW	W 75	
25	3:00 PM	5km RW	W 80	
26	3:05 PM	5km RW	W 85	
	3:10 PM			
27	3:15 PM	Javelin	W 70	
28	3:20 PM	Javelin	W 75	
29	3:25 PM	Javelin	W 80	
30	3:30 PM	Javelin	W 85	
31	3:35 PM	Javelin	W 90	
32	3:40 PM	Pentathlon		M 85
33	3:45 PM	Pentathlon		M 80
34	3:50 PM	Pentathlon		M 75
35	3:55 PM	Hammer		M 60
36	4:00 PM	Hammer		M 70

Lp.	Hour	Competition	Category	
			W	M
37	4:05 PM	Pole Vault		M 40
38	4:10 PM	5 km RW		M 35
39	4:15 PM	5 km RW Team		M 35
40	4:20 PM	5 km RW		M 40
41	4:25 PM	5 km RW Team		M 40
42	4:30 PM	5 km RW		M 45
43	4:35 PM	5 km RW Team		M 45
44	4:40 PM	5 km RW		M 50
45	4:45 PM	5 km RW Team		M 50
46	4:50 PM	Discuss		M 45
47	4:55 PM	Discuss		M 50
48	5:00 PM	5 km RW		M 55
49	5:05 PM	5 km RW Team		M 55
50	5:10 PM	5 km RW		M 60
51	5:15 PM	5 km RW Team		M 60
52	5:20 PM	5 km RW		M 65
53	5:25 PM	5 km RW Team		M 65
	5:30 PM			
54	5:35 PM	Hammer		M 65
55	5:40 PM	5 km RW		M 70
56	5:45 PM	5 km RW Team		M 70
57	5:50 PM	5 km RW		M 75
58	5:55 PM	5 km RW Team		M 75
59	6:00 PM	5 km RW		M 80
60	6:05 PM	5 km RW Team		M 80
61	6:10 PM	5 km RW		M 85
62	6:15 PM	5 km RW Team		M 85
63	6:20 PM	Pole Vault		M 45
64	6:25 PM	Discuss		M 55
65	6:30 PM	Hammer		M 75
66	6:35 PM	Pentathlon		M 70
	6:40 PM			
	6:45 PM			
	6:50 PM			
	6:55 PM			
	7:00 PM			
	7:05 PM			
67	8:00 PM	Pole Vault		M 50
68	8:05 PM	Hammer		M 80
69	8:10 PM	Hammer		M 85
70	8:15 PM	Hammer		M 90
71	8:20 PM	Triple Jump	W 35	
72	8:25 PM	Triple Jump	W 40	
73	8:30 PM	Pentathlon		M 65
74	8:35 PM	Triple Jump	W 40	
	8:40 PM			
75	8:45 PM	Pentathlon		M 60

Day 6, Wednesday, April 1

Lp.	Hour	Competition	Category	
			W	M
1	10:30 PM	Triple Jump	W 50	
2	10:35 PM	Triple Jump	W 55	
3	10:40 PM	800 m	W 85	
4	10:45 PM	800 m	W 80	
5	10:50 PM	800 m	W 75	
6	10:55 PM	800 m	W 70	
7	11:00 PM	800 m	W 65	
8	11:05 PM	800 m	W 60	
9	11:10 PM	800 m	W 55	
10	11:15 PM	800 m	W 50	
11	11:20 PM	800 m	W 45	
12	11:25 PM	800 m	W 40	
13	11:30 PM	800 m	W 35	
14	11:35 PM	800 m		M 90
15	11:40 PM	800 m		M 85
16	11:45 PM	800 m		M 80
17	11:50 PM	800 m		M 75
18	11:55 PM	800 m		M 70
19	12:00 AM	800 m		M 65
20	12:05 AM	800 m		M 60
21	12:10 AM	800 m		M 55
22	12:15 AM	800 m		M 50
23	12:20 AM	800 m		M 45
24	12:25 AM	800 m		M 40
25	12:30 AM	800 m		M 35
26	12:35 AM	Triple Jump		M 45
27	12:40 AM	Hammer	W 55	
28	12:45 AM	Javelin	W 50	
29	12:50 AM	Pole Vault		M 55
30	12:55 AM	Cross Country	W 85	
31	1:00 AM	Cross Country	W 80	
32	1:05 AM	Cross Country	W 75	
33	1:10 AM	Cross Country	W 70	
34	1:15 AM	Cross Country Team	W 70	
35	1:20 AM	Cross Country		M 90
36	1:25 AM	Cross Country		M 85
37	1:30 AM	Cross Country		M 80
38	1:35 PM	Cross Country Team		M 80
39	1:40 PM	Cross Country		M 75
40	1:45 PM	Cross Country Team		M 75
41	1:50 PM	Cross Country		M 70
42	1:55 PM	Cross Country Team		M 70
	2:00 PM			
43	2:05 PM	Cross Country	W 65	
44	2:10 PM	Cross Country Team	W 65	
45	2:15 PM	Cross Country	W 60	
46	2:20 PM	Cross Country Team	W 60	
47	2:25 PM	Cross Country	W 55	
48	2:30 PM	Cross Country Team	W 55	
49	2:35 PM	Triple Jump		M 40
50	2:40 PM	Javelin	W 45	
51	2:45 PM	Hammer	W 60	
52	2:50 PM	Cross Country	W 50	
53	2:55 PM	Cross Country Team	W 50	
54	3:00 PM	Cross Country	W 45	
55	3:05 PM	Cross Country Team	W 45	
56	3:10 PM	Cross Country	W 40	
57	3:15 PM	Cross Country Team	W 40	
58	3:20 PM	Cross Country	W 35	
59	3:25 PM	Cross Country Team	W 35	
60	3:30 PM	Cross Country		M 65
61	3:35 PM	Cross Country Team		M 65
62	3:40 PM	Cross Country		M 60
63	3:45 PM	Cross Country Team		M 60
64	3:50 PM	Pentathlon	W 85	
65	3:55 PM	Pentathlon	W 80	
66	4:00 PM	Pentathlon	W 75	
67	4:05 PM	Pentathlon	W 70	
68	4:10 PM	Pentathlon	W 65	
69	4:15 PM	Pentathlon	W 60	
70	4:20 PM	Pentathlon	W 55	
	4:25 PM			

Lp.	Hour	Competition	Category	
			W	M
71	4:30 PM	Cross Country		M 55
72	4:35 PM	Cross Country Team		M 55
73	4:40 PM	Cross Country		M 45
74	4:45 PM	Cross Country Team		M 45
75	4:50 PM	Cross Country		M 40
76	4:55 PM	Cross Country Team		M 40
77	5:00 PM	Cross Country		M 35
78	5:05 PM	Cross Country Team		M 35
79	5:10 PM	Hammer	W 65	
80	5:15 PM	Javelin	W 40	
81	5:20 PM	Javelin	W 35	
82	5:25 PM	Pole Vault		M 60
83	5:30 PM	Pole Vault		M 65
84	5:35 PM	Hammer	W 70	
	5:40 PM			
	5:45 PM			
	5:50 PM			
	5:55 PM			
	6:00 PM			
	6:05 PM			
	6:10 PM			
	6:15 PM			
	6:20 PM			
	6:25 PM			
	6:30 PM			
	6:35 PM			
	6:40 PM			
	6:45 PM			
	6:50 PM			
	6:55 PM			
85	7:30 PM	Pole Vault		M 70
86	7:35 PM	Hammer	W 75	
87	7:40 PM	Hammer	W 90	
88	7:45 PM	Hammer	W 85	
89	7:50 PM	Hammer	W 80	
90	7:55 PM	Pentathlon	W 50	
91	8:00 PM	Pentathlon	W 45	
92	8:05 PM	Pentathlon	W 40	
93	8:10 PM	200 m	W 35	
94	8:15 PM	200 m	W 40	
95	8:20 PM	200 m	W 45	
96	8:25 PM	200 m	W 50	
97	8:30 PM	200 m	W 55	
98	8:35 PM	200 m	W 60	
99	8:40 PM	200 m	W 65	
100	8:45 PM	200 m	W 70	
101	8:50 PM	200 m	W 75	
102	8:55 PM	200 m	W 80	
103	9:00 PM	200 m	W 85	
104	9:05 PM	Pentathlon	W 35	
105	9:10 PM	200 m		M 95
106	9:15 PM	200 m		M 90
107	9:20 PM	200 m		M 85
108	9:25 PM	200 m		M 85
109	9:30 PM	200 m		M 80
110	9:35 PM	200 m		M 75
111	9:40 PM	200 m		M 70
112	9:45 PM	200 m		M 65
113	9:50 PM	200 m		M 60
114	9:55 PM	200 m		M 55
115	10:00 PM	200 m		M 50
116	10:05 PM	200 m		M 45
117	10:10 PM	200 m		M 40
118	10:15 PM	200 m		M 35

Day 7, Thursday, April 2

Lp.	Hour	Competition	Category	
			W	M
1	9:15 AM	60 m hurdles		M 90
2	9:20 AM	60 m hurdles		M 85
3	9:25 AM	60 m hurdles		M 80
4	9:30 AM	60 m hurdles		M 75
5	9:35 AM	60 m hurdles		M 70
6	9:40 AM	60 m hurdles		M 65
7	9:45 AM	60 m hurdles		M 60
8	9:50 AM	60 m hurdles		M 55
9	9:55 AM	60 m hurdles		M 50
10	10:00 AM	60 m hurdles		M 45
11	10:05 AM	60 m hurdles		M 40
12	10:10 AM	60 m hurdles		M 35
	10:15 AM			
	10:20 AM			
13	10:26 AM	4X200m		M 80
14	10:32 AM	4X200m	W 80	
15	10:38 AM	4X200m		M 75
16	10:44 AM	4X200m	W 75	
	10:50 AM			
17	10:56 AM	4X200m		M 70
18	11:02 AM	4X200m	W 70	
19	11:08 AM	Triple Jump		M 50
20	11:14 AM	4X200m		M 65
21	11:20 AM	4X200m	W 65	
22	11:26 AM	Pole Vault		M 75
23	11:32 AM	4X200m		M 60
24	11:38 AM	4X200m	W 60	
	11:44 AM			
25	11:50 AM	4X200m		M 55
26	11:56 AM	4X200m	W 55	
	12:02 PM			
27	12:08 PM	4X200m		M 50
28	12:14 PM	4X200m	W 50	
	12:20 PM			
29	12:26 PM	4X200m		M 45
30	12:32 PM	4X200m	W 45	
	12:38 PM			
	12:44 PM			

Lp.	Hour	Competition	Category	
			W	M
31	12:50 PM	4X200m		M 40
32	12:56 PM	4X200m	W 40	
33	1:02 PM	Triple Jump		M 55
34	1:08 PM	4X200m		M 35
35	1:14 PM	4X200m	W 35	
	1:20 PM			
	1:25 PM			
36	1:30 PM	1500m	W 85	
37	1:35 PM	1500m	W 80	
38	1:40 PM	1500m	W 75	
39	1:45 PM	1500m	W 70	
40	1:50 PM	1500m	W 65	
41	1:55 PM	1500m	W 60	
42	2:00 PM	Pole Vault		M 85
43	2:05 PM	Pole Vault		M 80
	2:10 PM			
44	2:15 PM	1500m	W 55	
45	2:20 PM	1500m	W 50	
46	2:25 PM	1500m	W 45	
47	2:30 PM	1500m	W 40	
48	2:35 PM	1500m	W 35	
	2:40 PM			
49	2:45 PM	1500m		M 90
50	2:50 PM	1500m		M 85
51	2:55 PM	1500m		M 80
52	3:00 PM	1500m		M 75
53	3:05 PM	1500m		M 70
	3:10 PM			
	3:15 PM			
54	3:20 PM	1500m		M 65
55	3:25 PM	1500m		M 60
56	3:30 PM	1500m		M 55
	3:35 PM			
	3:40 PM			
57	3:45 PM	1500m		M 50
58	3:50 PM	1500m		M 45
59	3:55 PM	1500m		M 40
60	4:00 AM	1500m		M 35
	4:05 PM			
	4:10 AM			
	4:15 PM			
	4:20 AM			
	4:25 PM			
	4:30 AM			
	4:35 PM			
61	4:40 AM	4X200m MIX		80
62	4:47 AM	4X200m MIX		75
63	4:54 AM	4X200m MIX		70
	5:01 AM			
64	5:08 AM	4X200m MIX		65
65	5:15 AM	4X200m MIX		60
66	5:22 AM	4X200m MIX		55
	5:29 AM			
67	5:36 AM	4X200m MIX		50
68	5:43 AM	4X200m MIX		45
69	5:50 AM	4X200m MIX		40
70	5:57 AM	4X200m MIX		35