

Monday Schedule

Multi-Events

Heptathlon

- 9:30 a.m. - 60 M Hurdles
- 10:10 a.m. - Pole Vault*
- 12:20 p.m. - 1000 M*

* - Approximate Time

Field Events

- 10:30 a.m. - Women's Shot Put Final
- 10:30 a.m. - Men's Triple Jump Final
- 10:30 a.m. - Women's High Jump Final
- 12:30 p.m. - Men's Shot Put Final
- 12:30 p.m. - Women's Triple Jump Final
- 12:30 p.m. - Men's High Jump Final

Track Events

- 11:30 a.m. - Women's Mile Final
- 11:40 a.m. - Men's Mile Final
- 11:50 a.m. - Women's 60 M Hurdles Final
- 12:00 p.m. - Men's 60 M Hurdles Final
- 12:10 p.m. - Women's 400 M Final
- 12:25 p.m. - Men's 400 M Final
- 12:40 p.m. - Women's 60 M Dash Final
- 12:50 p.m. - Men's 60 M Dash Final
- 1:00 p.m. - Women's 800 M Final
- 1:10 p.m. - Men's 800 M Final
- 1:20 p.m. - Women's 200 M Dash Final
- 1:30 p.m. - Men's 200 M Dash Final
- 1:40 p.m. - Women's 3000 M 'B' Final
- 1:55 p.m. - Women's 3000 M 'A' Final
- 2:10 p.m. - Men's 3000 M 'B' Final.
- 2:25 p.m. - Men's 3000 M 'A' Final
- 2:35 p.m. - Women's 4x400 M Final

- 2:50 p.m. - Men's 4x400 M Final