

**Athletes check- in (90 minutes) prior to their event
Implement Check 90-60 Minutes Pre-Event**

| Track | | | | Field | | |
|--|------------|-----------|-------|--|-------------|---------|
| Track Athletes to the call room (20 minutes) Prior to their Event Finals if Heats not Required at Heat Time | | | | Field Athletes to the call room prior to event High Jump (65 Minutes) Pole Vault (80 Minutes) Throws (40 Minutes) | | |
| 10:00 | 3000m Walk | Women | Final | 10:00 | Long Jump | U23 Men |
| 10:20 | 5000m Walk | Men | Final | 11:30 | Long Jump | U20 Men |
| 10:50 | 400mH | Women | Final | 13:30 | Long Jump | Women |
| 11:05 | 400mH | Men | Final | | | |
| 11:25 | 100m | Women | Heats | | | |
| 11:45 | 100m | Men | Heats | 10:30 | Shot Put | Women |
| 12:20 | 800m | Women | Final | 12:00 | Shot Put | Men |
| 12:30 | 800m | Men | Heats | | | |
| 12:45 | 3000m SC | Women | Final | | | |
| 13:05 | 100m | Women | Final | 10:40 | Hammer | Men |
| 13:10 | 100m | Men | Final | 12:10 | Hammer | Women |
| 13:20 | 3000m SC | Men | Final | | | |
| 14:00 | 400m | Women | Heats | | | |
| 14:15 | 400m | Men | Heats | 11:00 | High Jump | Women |
| 14:40 | 1500m | Women | Final | 12:50 | High Jump | Men |
| 14:55 | 1500m | Men | Final | | | |
| 15:10 | 200m | Women | Heats | | | |
| 15:35 | 200m | Men | Heats | 11:15 | Pole Vault | Men |
| 16:05 | 5000m | U20 Women | Final | 14:15 | Pole Vault | Women |
| 16:05 | 5000m | U23 Women | Final | | | |
| 16:25 | 100mH | Women | Heats | | | |
| 16:35 | 110mH | Men | Heats | 14:00 | Weight | Men |
| 16:55 | 400m | Women | Final | 15:20 | Weight | Women |
| 17:05 | 400m | Men | Final | | | |
| 17:15 | 5000m | U20 Men | Final | | | |
| 17:30 | 5000m | U23 Men | Final | 14:20 | Discus | Men |
| 17:50 | 800m | Men | Final | 15:50 | Discus | Women |
| 17:55 | 200m | Women | Final | | | |
| 18:05 | 200m | Men | Final | | | |
| 18:15 | 100mH | Women | Final | 14:30 | Javelin | Women |
| 18:20 | 110mH | Men | Final | 16:00 | Javelin | Men |
| 18:25 | 4x100m | Women | Final | | | |
| 18:30 | 4x100m | Men | Final | | | |
| 18:40 | 4x400m | Women | Final | 15:30 | Triple Jump | Men |
| 18:45 | 4x400m | Men | Final | 16:50 | Triple Jump | Women |

Unless stated - Order of Competition is U20 followed by U23