

Track

Field

| Time | Event | Category |
|-------|--------------|---------------------------------------|
| 10:00 | 60m | CE U18, U20 & Sen Men |
| 10:30 | 60m - S1 | Women |
| 10:45 | 60m - S1 | Men |
| 11:25 | 400m | Women |
| 11:45 | 400m | Men |
| 12:15 | 60m - S2 | Women |
| 12:30 | 60m - S2 | Men |
| 13:00 | 3000m Walk | Men & Women |
| 13:30 | 1500m | Women |
| 13:35 | 1500m | Men |
| 14:00 | 200m | Women |
| 14:20 | 200m | Men |
| 14:50 | 60mH - S1 | Women |
| 15:00 | 60mH - S1 | Men |
| 15:20 | 800m | Women |
| 15:30 | 800m | Men |
| 15:50 | 60mH - S2 | Men |
| 16:00 | 60mH - S2 | Women |
| 16:10 | 3000m | Women |
| 16:25 | 3000m | Men |
| 16:40 | 4x400m Relay | Mixed (National Championships) |

| Time | Event | Category |
|-------|---------------------|-----------------------|
| 11:00 | High Jump | Men |
| 12:30 | High Jump | Women |
| 14:00 | High Jump | CE U18, U20 & Sen Men |
| 11:00 | Long Jump | CE U18, U20 & Sen Men |
| 12:00 | Long Jump | Women |
| 13:30 | Long Jump | Men |
| 11:00 | Pole Vault | Women |
| 13:30 | Pole Vault | Men |
| 11:00 | Shot Put | Women |
| 12:00 | Shot Put | CE U18, U20 & Sen Men |
| 15:00 | Triple Jump | Men & Women |
| 14:00 | Weight for Distance | Men & Women |

**Includes
 Men's Heptathlon
 Day 1**