

Schedule

Times are listed as EST.

Schedule is subject to change.

Last updated: 4/5/19



Final event for decathlon/heptathlon

Finals - track

Finals - throws or jumps

DAY ONE / FRIDAY, JUNE 21ST

TIME	EVENT	DIVISION	ROUND
5:00pm	Hammer Throw	Men	Final
6:45pm	Javelin Throw	Women	Final
7:00pm	5,000m	Women	Final
7:25pm	10,000m	Men	Final

DAY TWO / SATURDAY, JUNE 22ND

TIME	EVENT	DIVISION	ROUND
7:30am	5,000m	Men	Final
8:00am	3,000m	Women	Final
11:30am	100m	Men	Decathlon
12:00pm	Hammer Throw	Women	Final
12:10pm	Long Jump	Men	Decathlon
12:45pm	Pole Vault	Women	Final
1:00pm	Shot Put	Men	Decathlon
2:00pm	Triple Jump	Women	Final
2:15pm	Discus Throw	Men	Final
2:30pm	High Jump	Men	Decathlon
2:35pm	400m	Women	First Round
2:56pm	400m	Men	First Round
3:45pm	Pole Vault	Men	Final
3:18pm	110m Hurdles	Men	First Round
3:32pm	100m Hurdles	Women	Heptathlon
3:42pm	100m	Women	First Round
3:56pm	100m	Men	First Round
4:15pm	Discus Throw	Women	Final
4:10pm	400m	Men	Decathlon
4:24pm	800m	Men	First Round
3:30pm	Shot Put	Women	Final
4:38pm	800m	Women	First Round
4:30pm	High Jump	Women	Heptathlon
4:30pm	Long Jump	Men	Final
4:52pm	400m Hurdles	Women	First Round
5:13pm	400m Hurdles	Men	First Round
5:34pm	1500m	Men	First Round
5:54pm	1500m	Women	First Round
6:00pm	Shot Put	Women	Heptathlon
6:10pm	Javelin Throw	Men	Final
6:14pm	100m	Women	Final
6:21pm	100m	Men	Final
6:28pm	110m Hurdles	Men	Final
6:35pm	3000 Steeplechase	Women	Final
6:50pm	3000 Steeplechase	Men	Final
7:06pm	200m	Women	Heptathlon

DAY THREE / SUNDAY, JUNE 23RD

TIME	EVENT	DIVISION	ROUND
7:00am	10,000m Race Walk	Women	Final
8:00am	10,000m Race Walk	Men	Final
12:00n	Long Jump	Women	Heptathlon
1:00pm	110m Hurdles	Men	Decathlon
1:00pm	High Jump	Men	Final
1:00pm	Javelin Throw	Women	Heptathlon
1:15pm	Long Jump	Women	Final
2:00pm	Discus Throw	Men	Decathlon
2:15pm	800m	Women	Heptathlon
3:30pm	Pole Vault	Men	Decathlon
3:57pm	200m	Women	First Round
4:00pm	High Jump	Women	Final
4:18pm	200m	Men	First Round
4:39pm	100m Hurdles	Women	First Round
4:30pm	Shot Put	Men	Final
4:45pm	Triple Jump	Men	Final
4:53pm	400m	Women	Final
5:00pm	400m	Men	Final
5:07pm	400m Hurdles	Women	Final
5:14pm	400m Hurdles	Men	Final
5:00pm	Javelin Throw	Men	Decathlon
5:21pm	800m	Women	Final
5:28pm	800m	Men	Final
5:35pm	200m	Women	Final
5:42pm	200m	Men	Final
5:49pm	1500m	Women	Final
5:59pm	1500m	Men	Final
6:08pm	100m Hurdles	Women	Final
6:15pm	1500m	Men	Decathlon