Friday
HEPTATHLON
2:00 pm  Heptathlon 60m
        Heptathlon Long Jump (30 minutes after completion of 60m)
        Heptathlon Shot Put (30 minutes after completion of LJ)
        Heptathlon High Jump (30 minutes after completion of SP)

FIELD EVENTS
4:00 pm  Pole Vault

TRACK EVENTS (seeded sections, slow to fast)
5:30 pm  Distance Medley sections
6:00 pm  5000 meters sections

Saturday
HEPTATHLON
10:00 am Heptathlon 60m HH
        Heptathlon Pole Vault (30 minutes after completion of 60m HH)
        Heptathlon 1000m (30 minutes after completion of PV)

FIELD EVENTS (seeded flights, top flight last)
10:30 am Weight Throw
10:30 am Long Jump
11:30 pm High Jump
1:00 pm  Shot Put
1:00 pm  Triple Jump

TRACK EVENTS (seeded sections, slow to fast)
11:00 am 60m High Hurdles trials
11:30 am 60 meters trials
12:00 pm Mile sections
12:15 pm 60m High Hurdles final
12:25 pm 400 meters sections
12:40 pm 600 meters sections
12:55 pm 60 meters final
1:05 pm  800 meters sections
1:20 pm 1000 meters sections
1:35 pm  200 meters sections
1:50 pm  3000 meters sections
2:15 pm 4x400 meters sections
2:30 pm 4x800 meters sections