

Time	Event	Gender	Age group
06/20/2026			
9:30 AM	Dec: 100m · Final	Men	Senior
9:45 AM	Hept: 100m Hurdles (83.8cm / 8.5m) · Final	Women	Senior
10:00 AM	Dec: Long Jump · Final	Men	Senior
10:15 AM	100m · Semifinal 1	Men	Senior
10:15 AM	100m · Semifinal 2	Men	Senior
10:15 AM	100m · Semifinal 3	Men	Senior
10:20 AM	Hept: High Jump · Final	Women	Senior
10:35 AM	100m · Semifinal 1	Women	Senior
10:35 AM	100m · Semifinal 2	Women	Senior
10:35 AM	100m · Semifinal 3	Women	Senior
10:45 AM	Dec: Shot Put (7.26kg) · Final	Men	Senior
5:15 PM	Dec: High Jump · Final	Men	Senior
6:00 PM	Hammer Throw (7.26kg) · Final	Men	Senior
6:25 PM	Hept: Shot Put (4kg) · Final	Women	Senior
6:30 PM	400m Hurdles (91.4cm / 35m) · Final A	Men	Senior
6:30 PM	400m Hurdles (91.4cm / 35m) · Final B	Men	Senior
6:35 PM	Triple Jump · Final	Women	Senior
6:50 PM	400m Hurdles (76.2cm / 35m) · Final A	Women	Senior
6:50 PM	400m Hurdles (76.2cm / 35m) · Final B	Women	Senior
7:05 PM	Discus Throw (1kg) · Final	Women	Senior
7:10 PM	400m · Final A	Men	Senior
7:10 PM	400m · Final B	Men	Senior
7:10 PM	400m · Final C	Men	Senior
7:35 PM	400m · Final A	Women	Senior
7:35 PM	400m · Final B	Women	Senior
7:35 PM	400m · Final C	Women	Senior
7:40 PM	High Jump · Final	Men	Senior
7:55 PM	Shot Put (7.26kg) · Final	Men	Senior
8:00 PM	Hept: 200m · Final	Women	Senior
8:10 PM	800m · Final A	Women	Senior
8:10 PM	800m · Final B	Women	Senior
8:25 PM	Pole Vault · Final	Women	Senior
8:30 PM	3000m · Final	Women	Senior
8:35 PM	Long Jump · Final	Men	Senior
8:50 PM	Dec: 400m · Final	Men	Senior
8:55 PM	Javelin Throw (600g) · Final	Women	Senior
9:00 PM	100m · Final	Women	Senior
9:10 PM	100m · Final	Men	Senior
9:20 PM	1500m · Final	Men	Senior
9:30 PM	3000m Steeplechase (76.2cm) · Final	Women	Senior
9:50 PM	5000m · Final	Men	Senior

10:10 PM	4x100m · Final	Women	Senior	
10:20 PM	4x100m · Final A	Men	Senior	
10:20 PM	4x100m · Final B	Men	Senior	
10:40 PM	4x400m MIXED TEAM · Final	Mixed	Senior	
06/21/2026				
9:30 AM	Dec: 110m Hurdles (106.7cm / 9.14m) · Final	Men	Senior	
9:35 AM	Hept: Long Jump · Final	Women	Senior	
10:15 AM	Dec: Discus Throw (2kg) · Final	Men	Senior	
11:15 AM	Hept: Javelin Throw (600g) · Final	Women	Senior	
11:30 AM	Dec: Pole Vault · Final	Men	Senior	
5:45 PM	Dec: Javelin Throw (800g) · Final	Men	Senior	
6:00 PM	Hammer Throw (4kg) · Final	Women	Senior	
6:35 PM	110m Hurdles (106.7cm / 9.14m) · Final A	Men	Senior	
6:35 PM	110m Hurdles (106.7cm / 9.14m) · Final B	Men	Senior	
6:45 PM	Long Jump · Final	Women	Senior	
6:55 PM	100m Hurdles (83.8cm / 8.5m) · Final A	Women	Senior	
6:55 PM	100m Hurdles (83.8cm / 8.5m) · Final B	Women	Senior	
7:00 PM	Discus Throw (2kg) · Final	Men	Senior	
7:10 PM	800m · Final A	Men	Senior	
7:10 PM	800m · Final B	Men	Senior	
7:25 PM	Pole Vault · Final	Men	Senior	LIVE
7:30 PM	Hept: 800m · Final	Women	Senior	
7:35 PM	High Jump · Final	Women	Senior	LIVE
7:40 PM	Dec: 1500m · Final	Men	Senior	
7:50 PM	1500m · Final	Women	Senior	
7:55 PM	Shot Put (4kg) · Final	Women	Senior	
8:00 PM	3000m · Final	Men	Senior	
8:15 PM	200m · Final A	Men	Senior	
8:15 PM	200m · Final B	Men	Senior	
8:15 PM	200m · Final C	Men	Senior	
8:35 PM	200m · Final A	Women	Senior	
8:35 PM	200m · Final B	Women	Senior	
8:35 PM	200m · Final C	Women	Senior	
8:40 PM	Triple Jump · Final	Men	Senior	LIVE
8:45 PM	Javelin Throw (800g) · Final	Men	Senior	LIVE
9:00 PM	3000m Steeplechase (91.4cm) · Final	Men	Senior	
9:15 PM	5000m · Final	Women	Senior	LIVE
9:40 PM	4x400m · Final	Men	Senior	
9:50 PM	4x400m · Final	Women	Senior	