| FIELD EVENTS | 10:00 AM | Men's Long Jump; Followed by Women's Long Jump | Flights/Finals
| | | Followed by Men's Triple Jump; Followed by Women's Triple Jump | Flights/Finals
| | | Women's Pole Vault; Followed by Men's Pole Vault | 10:00 AM
| | | Women's High Jump; Followed by Men's High Jump | 10:00 AM
| | | Men's Shot Put; Followed by Women's Shot Put | Flights/Finals
| | | Women's Discus; Followed by Men's Discus | Followed by Women's Hammer; Followed by Men's Hammer | Flights/Finals
| | | Men's Javelin; Followed by Women's Javelin; | Flights/Finals
| TRACK EVENTS | 10:00 AM | Women's Sprint Medley Relay (2-2-4-8) | Finals
| | | Men's Sprint Medley Relay (2-2-4-8) | Finals
| | | Men's 3,000m Steeplechase | Finals
| | | Women's 3,000m Steeplechase | Finals
| | | Women's 100m Hurdles | Prelims
| | | Men's 110m Hurdles | Prelims
| | | Women's 100m Dash | Prelims
| | | Men's 100m Dash | Prelims
| | | Women's 1 Mile Run | Finals
| | | Men's 1 Mile Run | Finals
| | | Women's 4x100m Relay | Finals
| | | Men's 4x100m Relay | Finals
| | | Women's 400m Dash | Finals
| | | Men's 400m Dash | Finals
| | | Women's 100m Hurdles | Finals
| | | Men 110m Hurdles | Finals
| | | Women's 100m Dash | Finals
| | | Men's 100m Dash | Finals
| | | Women's 800m Run | Finals
| | | Men's 800m Run | Finals
| | | Women's 400m Hurdles | Finals
| | | Men's 400m Hurdles | Finals
| | | Women's 200m Dash | Finals
| | | Men's 200m Dash | Finals
| | | Women's 5,000m Run | Finals
| | | Men's 5,000m Run | Finals
| | | Women's 4 x 400m Relay | Finals
| | | Men's 4 x 400m Relay | Finals
| | | Mixed 4 x 400m Relay | Finals
Progressions:

Women’s High Jump: Start at 1.40m increased by .05m. 1.4, 1.45, 1.5, 1.55, 1.6, 1.65, 1.7

Men’s High Jump: Start at 1.68 increased by .05m. 1.68, 1.73, 1.78, 1.83, 1.88, 1.93, 1.98, 2.03

The HJ official will have authority to reduce progression from .05m per attempt to .02m when there are less than 5 competitors remaining to reduce the chances of ties.

Women’s Pole Vault: Start at 2.60m increased by .15m. 2.60, 2.75, 2.90, 3.05, 3.20, 3.35, 3.50

Men’s Pole Vault: Start at 3.35m increased by .15. 3.50, 3.65, 3.80, 3.95, 4.10, 4.25, 4.40

The PV official will have authority to reduce progression from .15m per attempt to .10m when there are less than 5 competitors remaining to reduce the chances of ties.

Minimums:

Women Throws: Shot Put: 9m, Discus: 27m, Hammer: 27m, & Javelin: 27m

Men Throws: Shot Put: 10m, Discus: 27m, Hammer: 27m, & Javelin: 35m

Women Horizontal Jumps: Long Jump: 4.57m, Triple Jump: 9m

Men Horizontal Jumps: Long Jump: 5.50m, Triple Jump: 11m

Triple board distances: Women: 9m painted, 11m; Men: 11m, 13m

(No other board distances will be provided)

Track: 5k: Un-seeded and seeded heats may be added depending on competitiveness of field.

*Progression and minimums based off natural breaks in last year’s event performances.