

	Pent 1500m						11-12B								
9:00 AM	3000m RW									15-16G			17-18W	Final	
9:15 AM	Heptathlon												17-18W	Day 2	
	Hep Long Jump												17-18W	Day 2	
	Hep Javelin												17-18W	Day 2	
	Hep 800m												17-18W	Day 2	
10:30 AM	Decathlon												17-18M	Day 2	
	Dec 110m Hurdles												17-18M	Day 2	
	Dec Discus												17-18M	Day 2	
	Dec Pole Vault												17-18M	Day 2	
	Dec Javelin												17-18M	Day 2	
	Dec 1500m												17-18M	Day 2	
11:00 AM	3000m RW									15-16B			17-18M	Final	
12:00 PM	4x800					11-12G	11-12B							Final	
12:00 PM	Triathlon			9-10G	9-10B									Final	
	Tri Shot Put			9-10G	9-10B									Final	
	Tri High Jump			9-19G	9-10B									Final	
	Tri 200m			9-10G										Final	
	Tri 400m				9-10B									Final	
1:00 PM	4x800							13-14G	13-14G					Final	
2:00 PM	4x800									15-16G	15-16B			Final	
	Hammer										15-16B			Final	
3:00 PM	4x800												17-18W	17-18M	Final
7:00 PM	OPENING CEREMONIES														
Wednesday, July 24, 2019															
8:00 AM	400m Hurdles										15-16B		17-18M	1st Round	
	Triple Jump								13-14B					Final	
	High Jump			9-10G										Final	
	Shot Put												17-18M	Final	
	Mini-Javelin		7-8B		9-10B									Final	
9:00 AM	400m Hurdles									15-16G		17-18W		1st Round	
	Pole Vault							13-14G						Final	
10:00 AM	200m Hurdles							13-14G	13-14B					1st Round	
10:30 AM	Triple Jump										15-16B			Final	
	Shot Put									15-16G				Final	
10:40 AM	800m	7-8G	7-8B	9-10G	9-10B									1st Round	
11:40 AM	800m					11-12G	11-12B	13-14G	13-14B					1st Round	
12:00 PM	High Jump												17-18W	Final	
	Pole Vault								13-14B					Final	
12:40 PM	800m									15-16G	15-16B	17-18W	17-18M	1st Round	
1:00 PM	Aero Javelin							11-12B							
	Mini-Javelin	7-8G													
1:30 PM	Long Jump												17-18M	Final	
1:40 PM	200m	7-8G	7-8B	9-10G	9-10B									1st Round	
2:00 PM	Shot Put												17-18W	Final	
2:40 PM	200m					11-12G	11-12B	13-14G	13-14B					1st Round	
3:40 PM	200m									15-16G	15-16B	17-18W	17-18M	1st Round	

4:00 PM	Long Jump									15-16G					Final	
Thursday, July 25, 2019																
8:00 AM	1500m							13-14G	13-14B							1st Round
	Long Jump												17-18W		Final	
	High Jump								13-14B							Final
	Discus												17-18M		Final	
	Shot Put						11-12B									Final
	Mini-Javelin			9-10G												Final
8:40 AM	1500m									15-16G	15-16B					1st Round
9:00 AM	Pole Vault									15-16G						Final
9:20 AM	1500m												17-18W	17-18M	1st Round	
10:00 AM	110m Hurdles											15-16B		17-18M	1st Round	
10:30 AM	Long Jump											15-16B				Final
	Shot Put		7-8B													Final
10:40 AM	100m Hurdles									15-16G			17-18W		1st Round	
11:15 AM	100m Hurdles									13-14B						1st Round
11:30 AM	100m Hurdles								13-14G							1st Round
11:50 AM	80m Hurdles					11-12G	11-12B									1st Round
12:00 PM	High Jump				9-10B											Final
	Pole Vault											15-16B				Final
12:30 PM	100m	7-8G	7-8B	9-10G	9-10B											1st Round
1:00 PM	Aero Javelin						11-12G									Final
	Discus												17-18W		Final	
1:20 PM	100m					11-12G	11-12B	13-14G	13-14B							1st Round
1:30 PM	Triple Jump							13-14G								Final
2:00 PM	Shot Put											15-16B				Final
2:10 PM	100m									15-16G	15-16B	17-18W	17-18M		1st Round	
3:00 PM	200m	7-8G	7-8B	9-10G	9-10B											Semi-Final
3:25 PM	200m					11-12G	11-12B	13-14G	13-14B							Semi-Final
3:50 PM	200m									15-16G	15-16B	17-18W	17-18M		Semi-Final	
4:00 PM	Triple Jump									15-16G						Final
4:15 PM	4x100m	7-8G	7-8B	9-10G	9-10B											1st Round
5:20 PM	4x100m					11-12G	11-12B	13-14G	13-14B							1st Round
6:25 PM	4x100m									15-16G	15-16B	17-18W	17-18M		1st Round	
Friday, July 26, 2019																
8:00 AM	3000m											15-16B		17-18M	Final	
	Triple Jump												17-18W		Final	
	High Jump											15-16B				Final
	Javelin								13-14B							Final
	Discus									15-16G						Final
9:00 AM	400m	7-8G	7-8B	9-10G	9-10B											1st Round
	Shot Put			9-10G												Final
10:00 AM	400m					11-12G	11-12B	13-14G	13-14B							1st Round
	Pole Vault													17-18M		Final
10:30 AM	Triple Jump													17-18M		Final
11:00 AM	400m									15-16G	15-16B	17-18W	17-18M		1st Round	
12:00 PM	High Jump						11-12B									Final

11:30 AM	110m Hurdles										15-16B		17-18M	Final
	100m Hurdles							13-14G	13-14B	15-16G			17-18W	Final
	80m Hurdles					11-12G	11-12B							Final
12:00 PM	100m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M	Final
	High Jump												17-18M	Final
	Shot Put	7-8G												Final
	Javelin											17-18W		Final
	Discus								13-14B					Final
12:30 PM	400m Hurdles									15-16G	15-16B	17-18W	17-18M	Final
1:00 PM	200m Hurdles							13-14G	13-14B					Final
1:15 PM	1500m							13-14G	13-14B	15-16G	15-16B	17-18W	17-18M	Final
2:00 PM	4x400m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M	Final