

Provisional Timetable

| Track | | | | Field | | |
|--------------|---------|-------|------------|--------------|-----------------------|-----------------|
| 10:00 | 3000mW | Women | Final | 10.30 | Long Jump | U23 Men & Women |
| 10:20 | 5000mW | Men | Final | 12.00 | Long Jump | U20 Men |
| 10:50 | 400mH | Women | Final (TT) | 13.30 | Long Jump | U20 Women |
| 11:05 | 400mH | Men | Final (TT) | | | |
| 11:25 | 100m | Women | Heats | 11.00 | Hammer | Men |
| 11:40 | 100m | Men | Heats | 12.30 | Hammer | Women |
| 12:20 | 800m | Women | Final | | | |
| 12:30 | 800m | Men | Final | 11.30 | High Jump | Women |
| 12:45 | 3000mSC | Women | Final | 13.20 | High Jump | Men |
| 13:10 | 100m | Women | Final | | | |
| 13:18 | 100m | Men | Final | 11.30 | Shot Put | Women |
| 13:30 | 3000mSC | Men | Final | 13.10 | Shot Put | Men |
| 14:00 | 400m | Women | Heats | | | |
| 14:15 | 400m | Men | Heats | 11.15 | Pole Vault | Men |
| 14:45 | 1500m | Women | Final | 14.15 | Pole Vault | Women |
| 14:57 | 1500m | Men | Final | | | |
| 15:20 | 200m | Women | Heats | 14.30 | Discus | Men |
| 15:40 | 200m | Men | Heats | 16.00 | Discus | Women |
| 16:10 | 5000m | Women | Final | | | |
| 16:30 | 100mH | Women | Heats | 14.25 | Weight (20lbs, 28lbs) | Women |
| 16:45 | 110mH | Men | Heats | 15.30 | Weight (35lbs) | Men |
| 17:00 | 400m | Women | Final | | | |
| 17:10 | 400m | Men | Final | 15.00 | Javelin | Women |
| 17:20 | 5000m | Men | Final | 16.30 | Javelin | Men |
| 17:40 | 200m | Women | Final | | | |
| 17:50 | 200m | Men | Final | 15.45 | Triple Jump | Men |
| 18:00 | 100mH | Women | Final | 17.00 | Triple Jump | Women |
| 18:15 | 110mH | Men | Final | | | |
| 18:25 | 4x100m | Women | Final | | | |
| 18:30 | 4x100m | Men | Final | | | |
| 18:35 | 4x400m | Women | Final | | | |
| 18:40 | 4x400m | Men | Final | | | |

Unless stated - Order of Competition is U20 followed by U23