Running schedule.

Two sessions on one banked track. Times are approximate and subject to final entry counts — **★ marks featured & elite races**.

Session 19:00 AM – 3:10 PM

High School & Elite

- 9:00**4×200 Relay**
- 9:30**800m**
- 9:45**★Elite 800m**
- 9:55**60m Hurdles**
- 10:10**★Elite 60mH — Prelims**
- 10:15**60m**
- 11:20**★Elite 60m — Prelims**
- 11:30**400m**
- 11:50**1500m**
- 12:20**★Elite 400m**
- 12:35**★Elite 60mH — Final**
- 12:45**★Elite 60m — Final**
- 1:00**★Elite High Jump**
- 1:00**200m**
- 2:35**★Elite 200m**
- 2:40**4×400 Relay**

Field events all session: Long Jump · Triple Jump · High Jump

Session 23:30 PM – 9:10 PM

Youth · 10U–14U

- 3:30**4×200 Relay**
- 3:55**400m**

- 4:35**800m**
- 4:55**Short Hurdles**
- 5:10**60m**
- 6:30★**Featured 12U / 14U 60m**
- 6:40**1500m**
- 6:55**200m**
- 8:35★**Featured Youth 200m**
- 8:40**4×400 Relay**

Field events all session: Long Jump · Triple Jump · High Jump