

| Day | Time | Track | | Field |
|-----|----------|---------------------|-------|--|
| | | Event | Heats | Event |
| Fri | 03:30 PM | F 3200 Meter Run | 1 | F High Jump, M Triple Jump, F Discus Throw, M Shot Put |
| Fri | 03:50 PM | M 3200 Meter Run | 1 | |
| Fri | 05:00 PM | | | M High Jump, F Triple Jump |
| Sat | 10:00 AM | | | M Discus Throw, F Shot Put, F Long Jump |
| Sat | 11:00 AM | F 4x800 Meter Relay | 1 | |
| Sat | 11:15 AM | M 4x800 Meter Relay | 1 | |
| Sat | 11:30 AM | F 100 Meter Hurdles | 2 | |
| Sat | 11:45 AM | M 110 Meter Hurdles | 2 | |
| Sat | 12:00 PM | F 100 Meter Dash | 6 | M Long Jump |
| Sat | 12:20 PM | M 100 Meter Dash | 6 | |
| Sat | 12:35 PM | F 4x200 Meter Relay | 1 | |
| Sat | 12:45 PM | M 4x200 Meter Relay | 1 | |
| Sat | 12:55 PM | F 1600 Meter Run | 1 | |
| Sat | 01:10 PM | M 1600 Meter Run | 1 | |
| Sat | 01:25 PM | F 4x100 Meter Relay | 1 | |
| Sat | 01:35 PM | M 4x100 Meter Relay | 2 | |
| Sat | 01:45 PM | F 400 Meter Run | 3 | |
| Sat | 02:00 PM | M 400 Meter Run | 4 | |
| Sat | 02:20 PM | F 300 Meter Hurdles | 2 | |
| Sat | 02:30 PM | M 300 Meter Hurdles | 2 | |
| Sat | 02:40 PM | F 800 Meter Run | 1 | |
| Sat | 02:50 PM | M 800 Meter Run | 2 | |
| Sat | 03:05 PM | F 200 Meter Dash | 5 | |
| Sat | 03:20 PM | M 200 Meter Dash | 5 | |
| Sat | 03:35 PM | F 4x400 Meter Relay | 1 | |
| Sat | 03:45 PM | M 4x400 Meter Relay | 1 | |