

| TIME | TRACK | SHOT | DISCUS | JAVELIN | LONG | TRIPLE | HIGH | PAGE 2 |
|----------|---|--------------|--------------|--------------|--------------|--------------|--------------|--------|
| 12:15 PM | 400M - Bantam Girls (TF) - Midget Girls | | | | | | | |
| 12:25 PM | - Junior Girls - Senior Girls | Senior Boys | Midget Boys | Junior Boys | Midget Girls | Senior Girls | Junior Girls | |
| 12:35 PM | 400M - Bantam Boys (TF) - Midget Boys | | | | | | | |
| 12:45 PM | - Junior Boys - Senior Boys | | | | | | | |
| 1:00 PM | 100M - Bantam Girls (F) - Midget Girls - Junior Girls - Senior Girls | | | | | | | |
| 1:15 PM | 100M - Bantam Boys (F) - Midget Boys - Junior Boys - Senior Boys | Midget Girls | Senior Girls | Bantam Girls | Senior Boys | Midget Boys | Bantam Boys | |
| 1:30 PM | 1500M - Bantam Boys - Midget Boys | | | | | | | |
| 1:45 PM | - Junior Boys - Senior Boys | | | | | | | |
| 2:00 PM | 1500M - Bantam Girls - Midget Girls | Midget Boys | Junior Girls | Bantam Boys | Junior Boys | Midget Girls | Bantam Girls | |
| 2:15 PM | - Junior Girls - Senior Girls | | | | | | | |
| 2:30 PM | 200M - Bantam Girls (F) - Midget Girls | | | | | | | |
| 2:40 PM | - Junior Girls - Senior Girls | Junior Boys | Bantam Girls | Senior Girls | Bantam Boys | Junior Girls | Senior Boys | |
| 2:50 PM | 200M - Bantam Boys (F) - Midget Boys | | | | | | | |
| 3:00 PM | - Junior Boys - Senior Boys | | | | | | | |
| 3:20 PM | 4X100M -Senior Girls Relays -Senior Boys | | | | | | | |
| 3:30 PM | -Junior Girls -Junior Boys | | | | | | | |
| 3:45 PM | -Midget Girls -Midget Boys -Bantam Girls -Bantam Boys | | | | | | | |
| 4:00 PM | 4X400M -Senior Girls Relays -Senior Boys | | | | | | | |
| | KEY: (H) Heats (TF) Timed Final (F) Final | | | | | | | |