

Timetable

| DAY 1 - Friday, Morning, 18 March | | | | DAY 2 - Saturday, Morning, 19 March | | | | DAY 3 - Sunday, Morning, 20 March | | | |
|-------------------------------------|------------------|---|-------|---------------------------------------|----------------|---|-------|-------------------------------------|----------------|---|----|
| 09:35 | 60m H Pen | W | Heats | 09:30 | 60m H Hep | M | Heats | 10:05 | 60m H | M | R1 |
| 09:55 | 60m Hep | M | Heats | 09:50 | 60m H | W | R1 | 10:45 | High Jump | M | F |
| 10:15 | 60m | W | R1 | 10:30 | Pole Vault Hep | M | | 11:00 | Triple Jump | W | F |
| 10:40 | Long Jump Hep | W | | 10:45 | 60m | M | R1 | 11:10 | 4 x 400m Relay | W | R1 |
| 11:00 | 400m | M | R1 | 11:00 | High Jump | W | F | 11:35 | 4 x 400m Relay | M | R1 |
| 11:10 | High Jump Pen | W | | 11:40 | 800m | W | R1 | 11:52 | Pole Vault | W | MC |
| 11:45 | 400m | W | R1 | 12:05 | 3000m | W | MC | 12:05 | 3000m | M | F |
| 12:05 | Shot Put Hep | M | | 12:15 | 1500m | M | R1 | 12:45 | 60m H | W | MC |
| 12:10 | Triple Jump | M | F | 12:55 | Shot Put | W | MC | 12:51 | 60m | M | MC |
| 12:30 | 1500m | W | R1 | 13:00 | Long Jump | M | MC | | | | |
| 13:00 | 800m | M | R1 | | | | | | | | |
| 13:20 | Shot Put Pen | W | | | | | | | | | |
| 13:30 | 3000m | M | R1 | | | | | | | | |
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| DAY 1 - Friday, Afternoon, 18 March | | | | DAY 2 - Saturday, Afternoon, 19 March | | | | DAY 3 - Sunday, Afternoon, 20 March | | | |
| | Opening Ceremony | | | 17:45 | 60m | W | MC | 16:35 | High Jump | M | MC |
| 17:35 | Triple Jump | M | MC | 17:53 | High Jump | W | MC | 16:41 | Triple Jump | W | MC |
| 17:45 | Long Jump Pen | W | | 18:05 | Pole Vault | W | F | 16:47 | 3000m | M | MC |
| 18:10 | 60m | W | SF | 18:15 | 60m H | W | SF | 16:53 | Shot Put | M | MC |
| 18:35 | 400m | W | SF | 18:40 | 60m | M | SF | 17:05 | 60m H | M | SF |
| 18:55 | Shot Put | W | F | 19:10 | 800m | M | F | 17:17 | Pole Vault | M | F |
| 19:00 | High Jump Hep | M | | 19:30 | 1000m Hep | M | F | 17:30 | Long Jump | W | F |
| 19:05 | Long Jump | M | F | 19:40 | Shot Put | M | F | 18:05 | 800m | W | F |
| 19:10 | 400m | M | SF | 19:50 | 400m | W | F | 18:35 | 1500m | M | F |
| 20:00 | 800m Pen | W | F | 20:10 | 400m | M | F | 18:42 | 800m | W | MC |
| 20:30 | 3000m | W | F | 20:25 | 800m | M | MC | 19:30 | 60m H | M | F |
| 20:55 | 60m | W | F | 20:35 | 1500m | W | F | 19:40 | 4 x 400m Relay | W | F |
| 21:00 | Pentathlon | W | MC | 21:05 | 60m H | W | F | 19:45 | 1500m | M | MC |
| | | | | 21:10 | Heptathlon | M | MC | 19:55 | 4 x 400m Relay | M | F |
| | | | | 21:20 | 60m | M | F | 20:00 | Long Jump | W | MC |
| | | | | 21:25 | 400m | W | MC | 20:06 | Pole Vault | M | MC |
| | | | | 21:31 | 400m | M | MC | 20:12 | 60m H | M | MC |
| | | | | 21:37 | 1500m | W | MC | 20:18 | 4 x 400m Relay | W | MC |
| | | | | | | | | 20:25 | 4 x 400m Relay | M | MC |