

Event Final Tokyo Time Pacific Mountain Central Eastern Britain Central Europe

* = day before compared to Tokyo

Friday 7/31 Friday 7/31

m10,000 20:30 04:30 05:30 06:30 07:30 12:30 13:30 m10,000

Saturday 8/01 Saturday 8/01

mDiscus 20:15 04:15 05:15 06:15 07:15 12:15 13:15 mDiscus
 Mixed 4 x 400 21:35 05:35 06:35 07:35 08:35 13:35 14:35 Mixed 4 x 400
 w100 21:50 05:50 06:50 07:50 08:50 13:50 14:50 w100

Sunday 8/02 Sunday 8/02

wShot 10:35 18:35* 19:35* 20:35* 21:35* 02:35 03:35 wShot
 mHigh Jump 19:10 03:10 04:10 05:10 06:10 11:10 12:10 mHigh Jump
 mTriple Jump 20:20 04:20 05:20 06:20 07:20 12:20 13:20 mTriple Jump
 m100 21:50 05:50 06:50 07:50 08:50 13:50 14:50 m100

Monday 8/03 Monday 8/03

mLong Jump 10:20 18:20* 19:20* 20:20* 21:20* 02:20 03:20 mLong Jump
 w100 Hurdles 11:50 19:50* 20:50* 21:50* 22:50* 03:50 04:50 w100 Hurdles
 wDiscus 20:00 04:00 05:00 06:00 07:00 12:00 13:00 wDiscus
 mSteeple 21:15 05:15 06:15 07:15 08:15 13:15 14:15 mSteeple
 w5000 21:40 05:40 06:40 07:40 08:40 13:40 14:40 w5000

Tuesday 8/04 Tuesday 8/04

wLong Jump 10:50 18:50* 19:50* 20:50* 21:50* 02:50 03:50 wLong Jump
 m400 Hurdles 12:20 20:20* 21:20* 22:20* 23:20* 04:20 05:20 m400 Hurdles
 mPole Vault 19:20 03:20 04:20 05:20 06:20 11:20 12:20 mPole Vault
 wHammer 20:35 04:35 05:35 06:35 07:35 12:35 13:35 wHammer
 w800 21:25 05:25 06:25 07:25 08:25 13:35 14:35 w800

w200	21:50	05:50	06:50	07:50	08:50	13:50	14:50	w200
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Wednesday 8/05

w400 Hurdles	11:30	19:30*	20:30*	21:30*	22:30*	03:30	04:30	w400 Hurdles
wSteeple	20:00	04:00	05:00	06:00	07:00	12:00	13:00	wSteeple
mHammer	20:15	04:15	05:15	06:15	07:15	12:15	13:15	mHammer
m800	21:05	05:05	06:05	07:05	08:05	13:05	14:06	m800
m200	21:55	05:55	06:55	07:55	08:55	13:55	14:55	m200

Wednesday 8/05

Thursday 8/06

mTriple Jump	11:00	19:00*	20:00*	21:00*	22:00*	03:00	04:00	mTriple Jump
mShot	11:05	19:05*	20:05*	21:05*	22:05*	03:05	04:05	mShot
m110 Hurdles	11:55	19:55*	20:55*	21:55*	22:55*	03:55	04:55	m110 Hurdles
m20K Walk	16:30	00:30	01:30	02:30	03:30	08:30	09:30	m20K Walk
wPole Vault	19:20	03:20	04:20	05:20	06:20	11:20	12:20	wPole Vault
m400	21:00	05:00	06:00	07:00	08:00	13:00	14:00	m400
wHeptathlon 800	21:20	05:20	06:20	07:20	08:20	13:20	14:20	wHeptathlon 800
mDecathlon 1500	21:40	05:40	06:40	07:40	08:40	13:40	14:40	mDecathlon 1500

Thursday 8/06

Friday 8/07

m50K Walk	05:30	13:30*	14:30*	15:30*	16:30*	21:30*	22:30*	m50K Walk
w20K Walk	16:30	00:30	01:30	02:30	03:30	08:30	09:30	w20K Walk
wJavelin	20:50	04:50	05:50	06:50	07:50	12:50	13:50	wJavelin
m5000	21:00	05:00	06:00	07:00	08:00	13:00	14:00	m5000
m400	21:35	05:35	06:35	07:35	08:35	13:35	13:35	m400
w1500	21:50	05:50	06:50	07:50	08:50	13:50	14:50	w1500
w4 x 100	22:30	06:30	07:30	08:30	09:30	14:30	15:30	w4 x 100
m4 x 100	22:50	06:50	07:50	08:50	09:50	14:50	15:50	m4 x 100

Friday 8/07

Saturday 8/08

wMarathon	07:00	15:00*	16:00*	17:00*	18:00*	23:00*	24:00*	wMarathon
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Saturday 8/08

wHigh Jump	19:35	03:35	04:35	05:35	06:35	11:35	12:35	wHigh Jump
w10,000	19:45	03:45	04:45	05:45	06:45	11:45	12:45	w10,000
mJavelin	20:00	04:00	05:00	06:00	07:00	12:00	13:00	mJavelin
m1500	20:40	04:40	05:40	06:40	07:40	12:40	13:40	m1500
w4 x 400	21:30	05:30	06:30	07:30	08:30	13:30	14:30	w4 x 400
m4 x 400	21:50	05:50	06:50	07:50	08:50	13:50	14:50	m4 x 400

Sunday 8/09

mMarathon	07:00	15:00*	16:00*	17:00*	18:00*	23:00*	24:00*	mMarathon
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Sunday 08/09