

| PROGRAMME 1 | GIRLS | EVENTS | BOYS |
|-------------|------------------------------|-------------------|------------------------|
| 9.00 AM | 9,10,12, 14 | RELAYS | |
| | | SHOT PUT | 11 (CIRCLE A) |
| | | HIGH JUMP | 13 (PIT B), 14 (PIT A) |
| 9.15 AM | 7,8,11,13 | RELAYS | |
| | | SHOT PUT | 9 (CIRCLE B) |
| 9.30 AM | 12 (PIT-A2), 9 (PIT-B1) | LONG JUMP | |
| | 14 (CIRCLE B), 10 (CIRCLE A) | DISCUS | |
| | | 800M | 12 |
| 9.35 AM | | 800M | 10 |
| 9.45 AM | 11 | 400M | |
| 9.50 AM | 13 | 400M | |
| 10.00 AM | | 60M | 8 |
| | | SKILLS | 7 |
| 10.05 AM | 7 | 60M | |
| 10.10 AM | 8 | 60M | |
| 10.15 AM | | 60M | 12 |
| 10.20 AM | | 60M | 10 |
| | 13 (CIRCLE B) | DISCUS | |
| | 11 (PIT-A2), 7 (PIT-B1) | LONG JUMP | |
| 10.25 AM | | 60M | 13 |
| | 8 (CIRCLE A) | DISCUS | |
| 10.30 AM | 9 | 60M | |
| | | HIGH JUMP | 12 (PIT A) |
| 10.35 AM | | 60M | 9 |
| | | SHOT PUT | 10 (CIRCLE B) |
| 10.40 AM | | SKILLS | 8 |
| | | 60M | 7 |
| | | SHOT PUT | 13 (CIRCLE A) |
| 10.45 AM | | 60M | 11 |
| 10.50 AM | | 60M | 14 |
| 10.55 AM | 10 | 100M | |
| 11.00 AM | 14 | 100M | |
| 11.05 AM | 12 | 100M | |
| 11.10AM | 9 | 100M | |
| | | SHOT PUT | 7 (CIRCLE B) |
| 11.15 AM | | SKILLS | 9 |
| | | HIGH JUMP | 11 (PIT B) |
| | 11 | 100M | |
| 11.20 AM | 14 (PIT-A2), 10 (PIT-B1) | LONG JUMP | |
| | 13 | 100M | |
| | | SHOT PUT | 14 (CIRCLE A) |
| 11.25 AM | 8 | 100M | |
| 11.30AM | 12 (CIRCLE B), 9 (CIRCLE A) | DISCUS | |
| | 7 | 100M | |
| 11.35 AM | | 200M | 12 |
| 11.40 AM | | 200M | 13 |
| 11.45 AM | | 200M | 10 |
| 11.50 AM | | 200M | 8 |
| 11.55 AM | | 200M | 9 |
| 12.00 PM | | 200M | 7 |
| 12.05 PM | | 200M | 14 |
| | | SHOT PUT | 8 (CIRCLE B) |
| | 8 (PIT-B1) | LONG JUMP | |
| 12.10 PM | | 200M | 11 |
| | | HIGH JUMP | 10 (PIT B) |
| 12.15PM | 7 (CIRCLE A) | DISCUS | |
| 12.20 PM | 10,11,12 | TRACK WALK 1200M | |
| | 13 | TRACK WALK 1600M | |
| | 14 | TRACK WALK 2000M | |
| | | 80M HURDLES | 12 |
| 12.25PM | | 80M HURDLES | 13 |
| 12.30 PM | | 100M HURDLES | 14 |
| 12.35 PM | 13 (PIT-A2) | LONG JUMP | |
| | 11 (CIRCLE B) | DISCUS | |
| | | SHOT PUT | 12 (CIRCLE A) |
| 12.40PM | 10 | 400M | |
| 12.45 PM | 12 | 400M | |
| 12.50 PM | 14 | 400M | |
| 13.00 PM | | 800M | 11,13,14 |
| 13.15 PM | 10,11,12,13,14 | 1500M (ALTERNATE) | |