

Athletics timetable – Rio 2016 Olympic Games

Approved November 2014

DAY 1 – Friday 12 August				
Morning				
09:30	Discus	M	Q A	
09:35	100m H hep	W		
10:05	Shot put	W	Q A+B	
10:10	800m	M	R1	
10:50	High jump hep	W	A+B	
10:55	Discus	M	Q B	
11:10	10,000m	W	Final	
11:55	100m	W	Pr	
12:20	10,000m	W	MC	
14:30	20km race walk	M	Final	
Evening				
20:20	20km race walk	M	MC	
20:30	1500m	W	R1	
20:35	Shot put hep	W	A+B	
20:40	Hammer	W	Q A	
21:05	400m	M	R1	
21:20	Long jump	M	Q A+B	
22:00	Shot put	W	Final	
22:05	200m hep	W		
22:10	Hammer	W	Q B	
22:40	100m	W	R1	

DAY 2 – Saturday 13 August				
Morning				
09:30	100m	M	Pr	
09:40	Triple jump	W	Q A+B	
10:05	3000m SC	W	R1	
10:50	Discus	M	Final	
11:00	400m	W	R1	
11:45	Long jump hep	W	A+B	
12:00	100m	M	R1	
12:41	Discus	M	MC	
Evening				
20:00	Javelin hep	W	A	
20:10	Shot put	W	MC	
20:20	Pole vault	M	Q A+B	
20:30	400m	M	SF	
20:50	Long jump	M	Final	
21:00	100m	W	SF	
21:15	Javelin hep	W	B	
21:25	800m	M	SF	
21:55	10,000m	M	Final	
22:35	100m	W	Final	
22:45	800m hep	W	Final	
23:07	Long jump	M	MC	

DAY 3 – Sunday 14 August				
Morning				
09:30	Marathon	W	Final	
Evening				
20:15	Marathon	W	MC	
20:20	10,000m	M	MC	
20:30	High jump	M	Q A+B	
20:35	400m	W	SF	
20:55	Triple jump	W	Final	
21:00	100m	M	SF	
21:17	100m	W	MC	
21:30	1500m	W	SF	
22:00	400m	M	Final	
22:15	Heptathlon	W	MC	
22:25	100m	M	Final	

DAY 4 – Monday 15 August				
Morning				
09:30	Triple jump	M	Q A+B	
09:35	3000m SC	M	R1	
10:25	3000m SC	W	Final	
10:40	Hammer	W	Final	
10:45	400m H	M	R1	
11:30	400m H	W	R1	
12:05	3000m SC	W	MC	
Evening				
20:15	400m	M	MC	
20:20	Triple jump	W	MC	
20:30	Discus	W	Q A	
20:35	Pole vault	M	Final	
20:40	110m H	M	R1	
21:15	100m	M	MC	
21:30	200m	W	R1	
21:50	Discus	W	Q B	
22:25	800m	M	Final	
22:35	Hammer	W	MC	
22:45	400m	W	Final	

DAY 5 – Tuesday 16 August				
Morning				
09:30	5000m	W	R1	
09:45	Pole vault	W	Q A+B	
09:50	Triple jump	M	Final	
10:30	1500m	M	R1	
11:05	100m H	W	R1	
11:20	Discus	W	Final	
11:50	200m	M	R1	
12:32	Triple jump	M	MC	
Evening				
20:15	800m	M	MC	
20:20	400m	W	MC	
20:30	High jump	M	Final	
20:35	Javelin	W	Q A	
20:40	110m H	M	SF	
21:00	Pole vault	M	MC	
21:05	Long jump	W	Q A+B	
21:10	400m H	W	SF	
21:35	400m H	M	SF	
21:50	Javelin	W	Q B	
22:00	200m	W	SF	
22:30	1500m	W	Final	
22:35	Discus	W	MC	
22:45	110m H	M	Final	

DAY 6 – Wednesday 17 August				
Morning				
09:30	100m dec	M		
09:40	Hammer	M	Q A	
10:05	5000m	M	R1	
10:35	Long jump dec	M	A+B	
10:55	800m	W	R1	
11:05	Hammer	M	Q B	
11:50	3000m SC	M	Final	
12:15	Shot put dec	M	A+B	
Evening				
17:45	High jump dec	M	A+B	
20:20	High jump	M	MC	
20:30	Javelin	M	Q A	
20:45	100m H	W	SF	
21:05	1500m	W	MC	
21:15	Long jump	W	Final	
21:20	400m dec	M		
21:55	Javelin	M	Q B	
22:00	200m	M	SF	
22:30	200m	W	Final	
22:42	110m H	M	MC	
22:55	100m H	W	Final	
23:00	3000m SC	M	MC	

DAY 7 – Thursday 18 August				
Morning				
09:30	110m H dec	M		
09:55	Shot put	M	Q A+B	
10:00	High jump	W	Q A+B	
10:25	Discus dec	M	A	
11:20	4x100m relay	W	R1	
11:40	4x100m relay	M	R1	
11:40	Discus dec	M	B	
12:00	400m H	M	Final	
13:25	Pole vault dec	M	A+B	
Evening				
18:35	Javelin dec	M	A	
19:20	Long jump	W	MC	
19:25	100m H	W	MC	
19:45	Javelin dec	M	B	
20:20	200m	W	MC	
20:30	Shot put	M	Final	
20:45	1500m	M	SF	
21:01	400m H	M	MC	
21:10	Javelin	W	Final	
21:15	800m	W	SF	
21:45	1500m dec	M	Final	
22:15	400m H	W	Final	
22:20	Shot put	M	MC	
22:30	200m	M	Final	

DAY 8 – Friday 19 August				
Morning				
08:00	50km race walk	M	Final	
14:30	20km race walk	W	Final	
Evening				
20:10	50km race walk	M	MC	
20:15	20km race walk	W	MC	
20:20	200m	M	MC	
20:30	Pole vault	W	Final	
20:40	4x400m relay	W	R1	
20:56	Decathlon	M	MC	
21:05	Hammer	M	Final	
21:10	4x400m relay	M	R1	
21:25	Javelin	W	MC	
21:40	5000m	W	Final	
22:15	4x100m relay	W	Final	
22:25	400m H	W	MC	
22:35	4x100m relay	M	Final	
22:40	5000m	W	MC	

DAY 9 – Saturday 20 August				
Morning				
Evening				
20:10	Hammer	M	MC	
20:15	Pole vault	W	MC	
20:20	4x100m relay	W	MC	
20:30	High jump	W	Final	
20:45	4x100m relay	M	MC	
20:55	Javelin	M	Final	
21:00	1500m	M	Final	
21:15	800m	W	Final	
21:30	5000m	M	Final	
21:50	800m	W	MC	
22:00	4x400m relay	W	Final	
22:15	1500m	M	MC	
22:25	5000m	M	MC	
22:35	4x400m relay	M	Final	
22:40	Javelin	M	MC	
22:45	High jump	W	MC	
22:50	4x400m relay	W	MC	
22:55	4x400m relay	M	MC	

DAY 10 – Sunday 21 August				
Morning				
09:30	Marathon	M	Final	
Evening				
Closing ceremony (men's marathon MC)				