GAMES OF THE XXXII OLYMPIAD – TOKYO 2020 – ATHLETICS 31 JULY-9 AUGUST

DAY 1 - Friday, Morning, 31/07			
06:00	**20km Race Walk**	**M**	**Final**
09:00	3000m SC	M	R1
09:15	High Jump	M	Q A+B
09:45	Discus Throw	M	Q A
09:55	800m	W	R1
10:55	400m H	M	R1
11:20	Discus Throw	M	Q B
11:40	100m	W	R1

DAY 1 - Friday, Evening, 31/07			
19:00	5000m	W	R1
19:05	Triple Jump	W	Q A+B
19:25	Shot Put	W	Q A+B
20:00	4 x 400m Relay	X	R1
20:25	*20km RW*	*M*	*MC*
20:40	**10,000m**	**M**	**Final**

DAY 2 - Saturday, Morning, 01/08			
09:00	400m H	W	R1
09:30	Discus Throw	W	Q A
09:40	Pole Vault	M	Q A+B
09:50	800m	M	R1
10:45	100m H	W	R1
10:55	Discus Throw	W	Q B
11:35	100m	M	Prelim

DAY 2 - Saturday, Evening, 01/08			
19:00	*10,000m*	*M*	*MC*
19:10	Long Jump	M	Q A+B
19:15	100m	W	SF
19:45	100m	M	R1
20:15	**Discus Throw**	**M**	**Final**
20:50	800m	W	SF
21:35	**4 x 400m Relay**	**X**	**Final**
21:50	**100m**	**W**	**Final**

DAY 3 - Sunday, Morning, 02/08			
06:00	**Marathon**	**W**	**Final**
09:10	Hammer Throw	W	Q A
09:25	*Marathon*	*W*	*MC*
09:40	3000m SC	W	R1
09:50	Long Jump	W	Q A+B
10:20	Discus Throw	M	MC
10:35	**Shot Put**	**W**	**Final**
10:40	Hammer Throw	W	Q B
10:45	400m	M	R1
11:50	*4 x 400m Relay*	*X*	*MC*

DAY 3 - Sunday, Evening, 02/08			
19:00	*100m*	*W*	*MC*
19:10	**High Jump**	**M**	**Final**
19:15	100m	M	SF
19:45	100m H	W	SF
20:04	*Shot Put*	*W*	*MC*
20:20	**Triple Jump**	**W**	**Final**
20:25	800m	M	SF
21:05	400m H	M	SF
21:37	*High Jump*	*M*	*MC*
21:50	**100m**	**M**	**Final**

DAY 4 - Monday, Morning, 03/08			
09:00	Hammer Throw	M	Q A
09:35	1500m	W	R1
10:08	*Triple Jump*	*W*	*MC*
10:20	**Long Jump**	**M**	**Final**
10:30	200m	W	R1
10:30	Hammer Throw	M	Q B
11:50	**100m H**	**W**	**Final**

DAY 4 - Monday, Evening, 03/08			
19:00	*100m*	*M*	*MC*
19:07	*Long Jump*	*M*	*MC*
19:20	Pole Vault	W	Q A+B
19:25	200m	W	SF
19:45	*100m H*	*W*	*MC*
20:00	**Discus Throw**	**W**	**Final**
20:05	400m	M	SF
20:35	400m H	W	SF
21:15	**3000m SC**	**M**	**Final**
21:40	**5000m**	**W**	**Final**

DAY 5 - Tuesday, Morning, 04/08			
09:00	Triple Jump	M	Q A+B
09:05	1500m	M	R1
09:20	Javelin Throw	W	Q A
09:45	400m	W	R1
10:30	*Discus Throw*	*W*	*MC*
10:37	*3000mSC*	*M*	*MC*
10:50	**Long Jump**	**W**	**Final**
10:50	Javelin Throw	W	Q B
11:05	200m	M	R1
12:20	**400m H**	**M**	**Final**
12:25	*5000m*	*W*	*MC*

DAY 5 - Tuesday, Evening, 04/08			
19:00	*Long Jump*	*W*	*MC*
19:10	110m H	M	R1
19:15	Shot Put	M	Q A+B
19:20	**Pole Vault**	**M**	**Final**
19:45	*400m H*	*M*	*MC*
20:00	5000m	M	R1
20:35	**Hammer Throw**	**W**	**Final**
20:50	200m	M	SF
21:25	**800m**	**W**	**Final**
21:50	**200m**	**W**	**Final**

DAY 6 - Wednesday, Morning, 05/08			
09:00	100m Dec	M	Heats
09:25	Javelin Throw	M	Q A
09:35	100m H Hep	W	Heats
09:55	Long Jump Dec	M	A+B
10:00	*Pole Vault*	*M*	*MC*
10:35	High Jump Hep	W	A+B
10:40	*Hammer Throw*	*W*	*MC*
10:47	*800m*	*W*	*MC*
11:00	110m H	M	SF
11:05	Javelin Throw	M	Q B
11:10	Shot Put Dec	M	A+B
11:30	**400m H**	**W**	**Final**
12:10	*400m H*	*W*	*MC*

DAY 6 - Wednesday, Evening, 05/08			
18:30	High Jump Dec	M	A+B
19:00	1500m	W	SF
19:05	Shot Put Hep	W	A+B
19:30	400m	W	SF
19:50	*200m*	*W*	*MC*
20:00	**3000m SC**	**W**	**Final**
20:15	**Hammer Throw**	**M**	**Final**
20:30	200m Hep	W	Heats
20:50	*3000m SC*	*W*	*MC*
21:05	**800m**	**M**	**Final**
21:30	400m Dec	M	Heats
21:55	**200m**	**M**	**Final**

DAY 7 - Thursday, Morning, 06/08			
09:00	110m H Dec	M	Heats
09:10	High Jump	W	Q A+B
09:30	*Hammer Throw*	*M*	*MC*
09:40	Long Jump Hep	W	A+B
09:50	Discus Throw Dec	M	A
10:00	4 x 100m Relay	W	R1
10:30	*800m*	*M*	*MC*
10:40	*200m*	*M*	*MC*
10:55	Discus Throw Dec	M	B
11:00	**Triple Jump**	**M**	**Final**
11:05	**Shot Put**	**M**	**Final**
11:30	4 x 100m Relay	M	R1
11:55	**110m H**	**M**	**Final**
12:30	Pole Vault Dec	M	A+B
12:35	Javelin Throw Hep	W	A
13:45	Javelin Throw Hep	W	B

DAY 7 - Thursday, Evening, 06/08			
19:00	*Shot Put*	*M*	*MC*
19:07	*Triple Jump*	*M*	*MC*
19:15	Javelin Throw Dec	M	A
19:20	**Pole Vault**	**W**	**Final**
19:25	4 x 400m Relay	W	R1
20:00	1500m	M	SF
20:15	*110m H*	*M*	*MC*
20:20	Javelin Throw Dec	M	B
21:00	**400m**	**M**	**Final**
21:20	**800m Hep**	**W**	**Final**
21:40	**1500m Dec**	**M**	**Final**

DAY 8 - Friday, Morning, 07/08			
06:00	**20km Race Walk**	**W**	**Final**

DAY 8 - Friday, Evening, 07/08			
20:00	*Pole Vault*	*W*	*MC*
20:07	*Heptathlon*	*W*	*MC*
20:14	*Decathlon*	*M*	*MC*
20:25	4 x 400m Relay	M	R1
20:40	*20km RW*	*W*	*MC*
20:50	**Javelin Throw**	**W**	**Final**
21:00	**5000m**	**M**	**Final**
21:20	*400m*	*M*	*MC*
21:35	**400m**	**W**	**Final**
21:50	**1500m**	**W**	**Final**
22:10	*5000m*	*M*	*MC*
22:17	*400m*	*W*	*MC*
22:30	**4 x 100m Relay**	**W**	**Final**
22:35	*1500m*	*W*	*MC*
22:50	**4 x 100m Relay**	**M**	**Final**

DAY 9 - Saturday, Morning, 08/08			
05:30	**50km Race Walk**	**M**	**Final**

DAY 9 - Saturday, Evening, 08/08			
19:00	*Javelin Throw*	*W*	*MC*
19:07	*4 x 100m Relay*	*W*	*MC*
19:15	*4 x 100m Relay*	*M*	*MC*
19:23	*50km RW*	*M*	*MC*
19:35	**High Jump**	**W**	**Final**
19:45	**10,000m**	**W**	**Final**
20:00	**Javelin Throw**	**M**	**Final**
20:40	**1500m**	**M**	**Final**
20:47	*10,000m*	*W*	*MC*
21:15	*1500m*	*M*	*MC*
21:30	**4 x 400m Relay**	**W**	**Final**
21:38	*Javelin Throw*	*M*	*MC*
21:50	**4 x 400m Relay**	**M**	**Final**
21:58	*High Jump*	*W*	*MC*
22:05	*4 x 400m Relay*	*W*	*MC*
22:13	*4 x 400m Relay*	*M*	*MC*

DAY 10 - Sunday, Morning, 09/08			
06:00	**Marathon**	**M**	**Final**