

GAMES OF THE XXXII OLYMPIAD – TOKYO 2020 – ATHLETICS 30 JULY-8 AUGUST

DAY 1 - Friday, Morning, 30/07	DAY 2 - Saturday, Morning, 31/07	DAY 3 - Sunday, Morning, 01/08	DAY 4 - Monday, Morning, 02/08	DAY 5 - Tuesday, Morning, 03/08
9:00 3000m SC M R1	9:00 400m H W R1	9:10 Hammer Throw W Q A	9:00 Hammer Throw M Q A	9:00 Triple Jump M Q A+B
9:15 High Jump M Q A+B	9:30 Discus Throw W Q A	9:40 3000m SC W R1	9:35 1500m W R1	9:05 1500m M R1
9:45 Discus Throw M Q A	9:40 Pole Vault M Q A+B	9:50 Long Jump W Q A+B	10:08 Triple Jump W VC	9:20 Javelin Throw W Q A
9:55 800m W R1	9:50 800m M R1	10:20 Discus Throw M VC	10:20 Long Jump M Final	9:45 400m W R1
10:55 400m H M R1	10:45 100m H W R1	10:35 Shot Put W Final	10:30 200m W R1	10:30 Discus Throw W VC
11:20 Discus Throw M Q B	10:55 Discus Throw W Q B	10:40 Hammer Throw W Q B	10:30 Hammer Throw M Q B	10:37 3000m SC M VC
11:40 100m W R1	11:35 100m M Prelim	10:45 400m M R1	11:50 100m H W Final	10:50 Long Jump W Final
		11:50 4 x 400m Relay X VC		10:50 Javelin Throw W Q B
				11:05 200m M R1
				12:20 400m H M Final
				12:25 5000m W VC
DAY 1 - Friday, Evening, 30/07	DAY 2 - Saturday, Evening, 31/07	DAY 3 - Sunday, Evening, 01/08	DAY 4 - Monday, Evening, 02/08	DAY 5 - Tuesday, Evening, 03/08
19:00 5000m W R1	19:00 10,000m M VC	19:00 100m W VC	19:00 100m M VC	19:00 Long Jump W VC
19:05 Triple Jump W Q A+B	19:10 Long Jump M Q A+B	19:10 High Jump M Final	19:07 Long Jump M VC	19:10 110m H M R1
19:25 Shot Put W Q A+B	19:15 100m W SF	19:15 100m M SF	19:20 Pole Vault M Q A+B	19:15 Shot Put M Q A
20:00 4 x 400m Relay X R1	19:45 100m M R1	19:45 100m H W SF	19:25 200m W SF	19:20 Pole Vault M Final
20:30 10,000m M Final	20:15 Discus Throw M Final	20:04 Shot Put W VC	19:45 100m H W VC	19:45 400m H M VC
	20:50 800m W SF	20:20 Triple Jump W Final	20:00 Discus Throw W Final	20:00 5000m M R1
	21:35 4 x 400m Relay X Final	20:25 800m M SF	20:05 400m M SF	20:35 Hammer Throw W Final
	21:50 100m W Final	21:05 400m H M SF	20:35 400m H W SF	20:40 Shot Put M Q B
		21:37 High Jump M VC	21:15 3000m SC M Final	20:50 200m M SF
		21:50 100m M Final	21:40 5000m W Final	21:25 800m W Final
				21:50 200m W Final
DAY 6 - Wednesday, Morning, 04/08	DAY 7 - Thursday, Morning, 05/08	DAY 8 - Friday, Morning, 06/08	DAY 9 - Saturday, Morning, 07/08	DAY 10 - Sunday, Morning, 08/08
9:00 100m Dec M Heats	9:00 110m H Dec M Heats	5:30 50km Race Walk M Final	7:00 Marathon W Final	7:00 Marathon M Final
9:05 Javelin Throw M Q A	9:10 High Jump W Q A+B			
9:35 100m H Hep W Heats	9:30 Hammer Throw M VC			
9:55 Long Jump Dec M A+B	9:40 Long Jump Hep W A+B			
10:00 Pole Vault M VC	9:50 Discus Throw Dec M A			
10:35 High Jump Hep W A+B	10:00 4 x 100m Relay W R1			
10:35 Javelin Throw M Q B	10:30 800m M VC			
10:40 Hammer Throw W VC	10:40 200m M VC			
10:47 800m W VC	10:55 Discus Throw Dec M B			
11:00 110m H M SF	11:00 Triple Jump M Final			
11:30 400m H W Final	11:05 Shot Put M Final			
11:40 Shot Put Dec M A+B	11:30 4 x 100m Relay M R1			
12:10 400m H W VC	11:55 110m H M Final			
	12:30 Javelin Throw Hep W A			
	12:45 Pole Vault Dec M A+B			
	13:40 Javelin Throw Hep W B			
DAY 6 - Wednesday, Evening, 04/08	DAY 7 - Thursday, Evening, 05/08	DAY 8 - Friday, Evening, 06/08	DAY 9 - Saturday, Evening, 07/08	
18:30 High Jump Dec M A+B	16:30 20km Race Walk M Final	16:30 20km Race Walk W Final	19:00 50km RW M VC	
19:00 1500m W SF	19:00 Shot Put M VC	19:50 20km RW M VC	19:07 20km RW W VC	
19:05 Shot Put Hep W A+B	19:07 Triple Jump M VC	19:57 Pole Vault W VC	19:14 4 x 100m Relay W VC	
19:30 400m W SF	19:15 Javelin Throw Dec M A	20:04 Heptathlon W VC	19:22 4 x 100m Relay M VC	
19:50 200m W VC	19:20 Pole Vault W Final	20:11 Decathlon M VC	19:35 High Jump W Final	
20:00 3000m SC W Final	19:25 4 x 400m Relay W R1	20:25 4 x 400m Relay M R1	19:45 10,000m W Final	
20:15 Hammer Throw M Final	20:00 1500m M SF	20:50 Javelin Throw W Final	20:00 Javelin Throw M Final	
20:30 200m Hep W Heats	20:15 110m H M VC	21:00 5000m M Final	20:40 1500m M Final	
20:50 3000m SC W VC	20:20 Javelin Throw Dec M B	21:20 400m M VC	20:28 Javelin Throw W VC	
21:05 800m M Final	21:00 400m M Final	21:35 400m W Final	20:47 10,000m W VC	
21:30 400m Dec M Heats	21:20 800m Hep W Final	21:50 1500m W Final	21:15 1500m M VC	
21:55 200m M Final	21:40 1500m Dec M Final	22:10 5000m M VC	21:30 4 x 400m Relay W Final	
		22:17 400m W VC	21:38 Javelin Throw M VC	
		22:30 4 x 100m Relay W Final	21:50 4 x 400m Relay M Final	
		22:35 1500m W VC	21:58 High Jump W VC	
		22:50 4 x 100m Relay M Final	22:05 4 x 400m Relay W VC	
			22:13 4 x 400m Relay M VC	