

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

DAY 1 - Friday, Morning, 31/07	DAY 2 - Saturday, Morning, 01/08	DAY 3 - Sunday, Morning, 02/08	DAY 4 - Monday, Morning, 03/08	DAY 5 - Tuesday, Morning, 04/08
06:00 20km Race Walk M Final	09:00 400m H W R1	06:00 Marathon W Final	09:00 Hammer Throw M Q A	09:00 Triple Jump M Q A+B
09:00 3000m SC M R1	09:30 Discus Throw W Q A	09:10 Hammer Throw W Q A	09:35 1500m W R1	09:05 1500m M R1
09:15 High Jump M Q A+B	09:40 Pole Vault M Q A+B	09:25 <i>Marathon</i> W MC	10:08 <i>Triple Jump</i> W MC	09:20 Javelin Throw W Q A
09:45 Discus Throw M Q A	09:50 800m M R1	09:40 3000m SC W R1	10:20 Long Jump M Final	09:45 400m W R1
09:55 800m W R1	10:45 100m H W R1	09:50 Long Jump W Q A+B	10:30 200m W R1	10:30 <i>Discus Throw</i> W MC
10:55 400m H M R1	10:55 Discus Throw W Q B	10:20 Discus Throw M MC	10:30 Hammer Throw M Q B	10:37 <i>3000m SC</i> M MC
11:20 Discus Throw M Q B	11:35 100m M Prelim	10:35 Shot Put W Final	11:50 100m H W Final	10:50 Long Jump W Final
11:40 100m W R1		10:40 Hammer Throw W Q B		10:50 Javelin Throw W Q B
		10:45 400m M R1		11:05 200m M R1
		11:50 <i>4 x 400m Relay</i> X MC		12:20 400m H M Final
				12:25 <i>5000m</i> W MC
DAY 1 - Friday, Evening, 31/07	DAY 2 - Saturday, Evening, 01/08	DAY 3 - Sunday, Evening, 02/08	DAY 4 - Monday, Evening, 03/08	DAY 5 - Tuesday, Evening, 04/08
19:00 5000m W R1	19:00 <i>10,000m</i> M MC	19:00 <i>100m</i> W MC	19:00 <i>100m</i> M MC	19:00 <i>Long Jump</i> W MC
19:05 Triple Jump W Q A+B	19:10 Long Jump M Q A+B	19:10 High Jump M Final	19:07 <i>Long Jump</i> M MC	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 W Q A+B	19:15 Shot Put M Q A+B
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
20:25 <i>20km RW</i> M MC	20:15 Discus Throw M Final	20:04 <i>Shot Put</i> W MC	19:45 <i>100m H</i> W MC	19:45 <i>400m H</i> M MC
20:40 10,000m M Final	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	20:50 200m M SF
		21:37 <i>High Jump</i> M MC	21:15 3000m SC M Final	21:25 800m W Final
		21:50 100m M Final	21:40 5000m W Final	21:50 200m W Final
DAY 6 - Wednesday, Morning, 05/08	DAY 7 - Thursday, Morning, 06/08	DAY 8 - Friday, Morning, 07/08	DAY 9 - Saturday, Morning, 08/08	DAY 10 - Sunday, Morning, 09/08
09:00 100m Dec M Heats	09:00 110m H Dec M Heats	06:00 20km Race Walk W Final	05:30 50km Race Walk M Final	06:00 Marathon M Final
09:25 Javelin Throw M Q A	09:10 High Jump W Q A+B			
09:35 100m H Hep W Heats	09:30 <i>Hammer Throw</i> M MC			
09:55 Long Jump Dec M A+B	09:40 Long Jump Hep W A+B			
10:00 <i>Pole Vault</i> M MC	09:50 Discus Throw Dec M A			
10:35 High Jump Hep W A+B	10:00 4 x 100m Relay W R1			
10:40 <i>Hammer Throw</i> W MC	10:30 <i>800m</i> M MC			
10:47 <i>800m</i> W MC	10:40 <i>200m</i> M MC			
11:00 110m H M SF	10:55 Discus Throw Dec M B			
11:05 Javelin Throw M Q B	11:00 Triple Jump M Final			
11:10 Shot Put Dec M A+B	11:05 Shot Put M Final			
11:30 400m H W Final	11:30 4 x 100m Relay M R1			
12:10 <i>400m H</i> W MC	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 6 - Wednesday, Evening, 05/08	DAY 7 - Thursday, Evening, 06/08	DAY 8 - Friday, Evening, 07/08	DAY 9 - Saturday, Evening, 08/08	
18:30 High Jump Dec M A+B	19:00 <i>Shot Put</i> M MC	20:00 <i>Pole Vault</i> W MC	19:00 <i>Javelin Throw</i> W MC	
19:00 1500m W SF	19:07 <i>Triple Jump</i> M MC	20:07 <i>Heptathlon</i> W MC	19:07 <i>4 x 100m Relay</i> W MC	
19:05 Shot Put Hep W A+B	19:15 Javelin Throw Dec M A	20:14 <i>Decathlon</i> M MC	19:15 <i>4 x 100m Relay</i> M MC	
19:30 400m W SF	19:20 Pole Vault W Final	20:25 4 x 400m Relay M R1	19:23 <i>50km RW</i> M MC	
19:50 <i>200m</i> W MC	19:25 4 x 400m Relay W R1	20:40 <i>20km RW</i> W MC	19:35 High Jump W Final	
20:00 3000m SC W Final	20:00 1500m M SF	20:50 Javelin Throw W Final	19:45 10,000m W Final	
20:15 Hammer Throw M Final	20:15 <i>110m H</i> M MC	21:00 5000m M Final	20:00 <i>Javelin Throw</i> M Final	
20:30 200m Hep W Heats	20:20 Javelin Throw Dec M B	21:20 <i>400m</i> M MC	20:40 1500m M Final	
20:50 <i>3000m SC</i> W MC	21:00 400m M Final	21:35 400m W Final	20:47 <i>10,000m</i> W MC	
21:05 800m M Final	21:20 800m Hep W Final	21:50 <i>1500m</i> W Final	21:15 <i>1500m</i> M MC	
21:30 400m Dec M Heats	21:40 1500m Dec M Final	22:10 <i>5000m</i> M MC	21:30 4 x 400m Relay W Final	
21:55 200m M Final		22:17 <i>400m</i> W MC	21:38 <i>Javelin Throw</i> M MC	
		22:30 4 x 100m Relay W Final	21:50 4 x 400m Relay M Final	
		22:35 <i>1500m</i> W MC	21:58 <i>High Jump</i> W MC	
		22:50 4 x 100m Relay M Final	22:05 <i>4 x 400m Relay</i> W MC	
			22:13 <i>4 x 400m Relay</i> M MC	