

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 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 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 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 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 3000m SC 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 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, 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, 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, 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, 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 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 8 - Friday, Morning, 07/08 06:00 20km Race Walk W Final	DAY 9 - Saturday, Morning, 08/08 05:30 50km Race Walk M Final	DAY 10 - Sunday, Morning, 09/08 06:00 Marathon M Final
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, 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, 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, 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	