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| **7:00** | 800m Men Heat 1 (Pace 1:06 to 500m) |
| **7:05** | 800m Women (Pace 1:01 to 400m) |
| **7:15** | 400m Men |
| **7:20** | 800m Men Heat 2 (Pace 56.0 to 400) |
| **7:25** | 800m Men Heat 3 (Pace 57.5 to 400) |
| **7:30** | 800m Men Heat 4 |
| **7:40** | 1500m Men Heat 1 (Pace 2:00 to 800) |
| **7:50** | 3000m Women (Pace 4:30 to 1500) |
| **8:05** | 1500m Men Heat 2 (Pace 2:04 to 800 and 4:03) |
| **8:15** | 1500m Women (Pace TBD) |
| **8:25** | 3000m Men (Pace 4:36 to 1600) |
| **8:35** | 5000m Men (Pace 9:08 to 3000) |