

2008 Olympic Games - Track and Field Schedule

8/15/08		8/16/08		8/17/08		8/18/08		8/19/08	
9:00 AM	100mH, W, Hep	9:00 AM	20kmRW, M, F	7:30 AM	Marathon, W, F	9:00 AM	400m, M, R1	9:00 AM	JT, W, Q
9:05 AM	SP, M, Q	9:10 AM	SP, W, Q	7:00 PM	100mH, W, R1	9:10 AM	HT, W, Q	9:40 AM	LJ, W, Q
9:45 AM	100m, M, R1	9:20 AM	3000mSC, M, R1	7:10 PM	HT, M, F	10:00 AM	TJ, M, Q	10:00 AM	1500m, W, R1
10:30 AM	HJ, W, Hep	9:50 AM	LJ, W, Hep	7:45 PM	100m, W, SF	10:05 AM	200m, M, R1	10:30 AM	JT, W, Q
10:40 AM	HT, W, Q	10:10 AM	PV, W, Q	8:10 PM	400mH, W, R1	10:40 AM	HT, W, Q	10:40 AM	200m, W, R1
11:10 AM	800m, W, R1	10:40 AM	DT, M, Q	8:20 PM	HJ, M, Q	11:10 AM	110mH, M, R1	7:00 PM	200m, W, QF
12:10 PM	HT, M, Q	10:50 AM	100m, W, R1	9:00 PM	400m, W, SF	7:00 PM	DT, W, F	7:10 PM	HJ, M, F
7:00 PM	SP, W, Hep	12:05 PM	DT, M, Q	9:30 PM	3000mSC, W, F	7:20 PM	PV, W, F	7:35 PM	5000m, W, R1
7:10 PM	1500m, M, R1	12:10 PM	400m, W, R1	9:35 PM	TJ, W, F	7:40 PM	100mH, W, SF	8:45 PM	110mH, M, QF
7:45 PM	100m, M, QF	7:00 PM	JT - A, W, Hep	9:55 PM	1500m, M, SF	8:05 PM	200m, M, QF	9:00 PM	DT, M, F
7:55 PM	DT, W, Q	7:30 PM	800m, W, SF	10:25 PM	100m, W, F	8:10 PM	LJ, M, F	9:25 PM	200m, M, SF
8:25 PM	3000mSC, W, R1	8:00 PM	LJ, M, Q	10:45 PM	10000m, M, F	8:45 PM	400mH, W, SF	9:45 PM	400m, M, SF
9:00 PM	SP, M, F	8:05 PM	100m, M, SF			9:10 PM	3000mSC, M, F	10:10 PM	400m, W, F
9:15 PM	200m, W, Hep	8:10 PM	JT - B, W, Hep			9:35 PM	800m, W, F	10:30 PM	100mH, W, F
9:20 PM	DT, W, Q	8:35 PM	100m, W, QF			10:00 PM	400mH, M, F	10:50 PM	1500m, M, F
9:40 PM	TJ, W, Q	9:10 PM	SP, W, F						
9:55 PM	400mH, M, R1	9:15 PM	400mH, M, SF						
10:45 PM	10000m, W, F	9:45 PM	800m, W, Hep						
		10:30 PM	100m, M, F						

8/20/08		8/21/08		8/22/08		8/23/08		8/24/08	
7:00 PM	800m, M, R1	9:00 AM	20kmRW, W, F	7:30 AM	50kmRW, M, F	7:00 PM	HJ, W, F	7:30 AM	Marathon, M, F
7:20 PM	HT, W, F	9:10 AM	JT, M, Q	9:00 AM	110mH, M, Dec	7:10 PM	JT, M, F		
8:15 PM	5000m, M, R1	9:20 AM	100m, M, Dec	10:05 AM	DT, M, Dec	7:30 PM	800m, M, F		
8:40 PM	PV, M, Q	9:50 AM	HJ, W, Q	12:55 PM	PV, M, Dec	7:50 PM	1500m, W, F		
9:30 PM	110mH, M, SF	10:30 AM	LJ, M, Dec	7:00 PM	JT - A, M, Dec	8:10 PM	5000m, M, F		
9:55 PM	200m, W, SF	10:40 AM	JT, M, Q	7:20 PM	LJ, W, F	8:40 PM	4x400, W, F		
10:20 PM	200m, M, F	12:20 PM	SP, M, Dec	7:40 PM	4x400, W, R1	9:05 PM	4x400, M, F		
10:35 PM	400mH, W, F	7:00 PM	1500m, W, SF	7:55 PM	PV, M, F				
		7:10 PM	HJ, M, Dec	8:10 PM	4x400, M, R1				
		7:20 PM	JT, W, F	8:15 PM	JT - B, M, Dec				
		7:30 PM	200m, W, F	8:40 PM	5000m, W, F				
		7:50 PM	800m, M, SF	9:15 PM	4x100, W, F				
		8:20 PM	4x100, M, R1	9:40 PM	1500m, M, Dec				
		8:20 PM	TJ, M, F	10:10 PM	4x100, M, F				
		8:55 PM	4x100, W, R1						
		9:20 PM	400m, M, F						
		9:45 PM	110mH, M, F						
		10:00 PM	400m, M, Dec						

Key To Abbreviations

M = Men
W = Women

Dec = Decathlon
Hep = Heptathlon

R1 = Round 1
Q = Qualifying Round
QF = Quarterfinals
SF = Semi-Finals
F = Final (in boldface)

All times local Beijing time.

-For GMT, subtract 7 hours.

- For EDT, subtract 12 hours.
- For CDT, subtract 13 hours.
- For MDT, subtract 14 hours.
- For PDT, subtract 15 hours.

Field Events

DT = Discus Throw
HT = Hammer Throw
JT = Javelin Throw
SP = Shot Put

LJ = Long Jump
HJ = High Jump
PV = Pole Vault
TJ = Triple Jump

Track Events

100m = 100m Dash
200m = 200m Dash
400m = 400m Dash

100mH = 100m Hurdles
110mH = 110m Hurdles
400mH = 400m Hurdles

800m = 800m Run
1500m = 1500m Run
3000mSC = 3000m Steeplechase
5000m = 5000m Run
10000m = 10000m Run

20kmRW = 20 Kilometer Race Walk
50kmRW = 50 Kilometer Race Walk

4x100 = 4x100m Relay
4x400 = 4x400m Relay

A note about time conversions: there's a nice, round 12 hour difference between Eastern Daylight Time and Beijing. To calculate Eastern Daylight Time, you simply have to turn any PM time into that same day's AM time and any AM time into the previous day's PM time. Pretty simple. For Central Daylight Time, you would do the same thing but subtract one additional hour. For Mountain Daylight Time, 14 hours, for Pacific Daylight Time, etc. For those of you in Europe, Greenwich Mean Time is Beijing Time -8 hours. You can make adjustments from there for your own time zone. (By the way, I don't guarantee that any of these conversion methods will work. Use them at your own risk. If you have a better way of converting, please use it. I recommend timezoneconverter.com. I hate Daylight Savings Time. It's inconvenient and can exacerbate sleep disorders.)

2008 Olympic Games - Track and Field Schedule

Field Events - Throws

Event	Date	Time	Sex	Round
HJ	8/17/2008	8:20 PM	M	Q
HJ	8/19/2008	7:10 PM	M	F
HJ	8/21/2008	9:50 AM	W	Q
HJ	8/23/2008	7:00 PM	W	F
LJ	8/16/2008	8:00 PM	M	Q
LJ	8/18/2008	8:10 PM	M	F
LJ	8/19/2008	9:40 AM	W	Q
LJ	8/22/2008	7:20 PM	W	F
PV	8/16/2008	10:10 AM	W	Q
PV	8/18/2008	7:20 PM	W	F
PV	8/20/2008	8:40 PM	M	Q
PV	8/22/2008	7:55 PM	M	F
TJ	8/15/2008	9:40 PM	W	Q
TJ	8/17/2008	9:35 PM	W	F
TJ	8/18/2008	10:00 AM	M	Q
TJ	8/21/2008	8:20 PM	M	F

Field Events - Throws

Event	Date	Time	Sex	Round
DT	8/15/2008	7:55 PM	W	Q
DT	8/15/2008	9:20 PM	W	Q
DT	8/16/2008	10:40 AM	M	Q
DT	8/16/2008	12:05 PM	M	Q
DT	8/18/2008	7:00 PM	W	F
DT	8/19/2008	9:00 PM	M	F
HT	8/15/2008	10:40 AM	M	Q
HT	8/15/2008	12:10 PM	M	Q
HT	8/17/2008	7:10 PM	M	F
HT	8/18/2008	9:10 AM	W	Q
HT	8/18/2008	10:40 AM	W	Q
HT	8/20/2008	7:20 PM	W	F
JT	8/19/2008	9:00 AM	W	Q
JT	8/19/2008	10:30 AM	W	Q
JT	8/21/2008	9:10 AM	M	Q
JT	8/21/2008	10:40 AM	M	Q
JT	8/21/2008	7:20 PM	W	F
JT	8/23/2008	7:10 PM	M	F
SP	8/15/2008	9:05 AM	M	Q
SP	8/15/2008	9:00 PM	M	F
SP	8/16/2008	9:10 AM	W	Q
SP	8/16/2008	9:10 PM	W	F

Heptathlon

Event	Date	Time
100mH	8/15/2008	9:00 AM
200m	8/15/2008	9:15 PM
800m	8/16/2008	9:45 PM
HJ	8/15/2008	10:30 AM
JT - A	8/16/2008	7:00 PM
JT - B	8/16/2008	8:10 PM
LJ	8/16/2008	9:50 AM
SP	8/15/2008	7:00 PM

Middle & Long Distance

Event	Date	Time	Sex	Round
800m	8/15/2008	11:10 AM	W	R1
800m	8/16/2008	7:30 PM	W	SF
800m	8/18/2008	9:35 PM	W	F
800m	8/20/2008	7:00 PM	M	R1
800m	8/21/2008	7:50 PM	M	SF
800m	8/23/2008	7:30 PM	M	F
1500m	8/15/2008	7:10 PM	M	R1
1500m	8/17/2008	9:55 PM	M	SF
1500m	8/19/2008	10:00 AM	W	R1
1500m	8/19/2008	10:50 PM	M	F
1500m	8/21/2008	7:00 PM	W	SF
1500m	8/23/2008	7:50 PM	W	F
3000mSC	8/15/2008	8:25 PM	W	R1
3000mSC	8/16/2008	9:20 AM	M	R1
3000mSC	8/17/2008	9:30 PM	W	F
3000mSC	8/18/2008	9:10 PM	M	F
5000m	8/19/2008	7:35 PM	W	R1
5000m	8/20/2008	8:15 PM	M	R1
5000m	8/22/2008	8:40 PM	W	F
5000m	8/23/2008	8:10 PM	M	F
10000m	8/15/2008	10:45 PM	W	F
10000m	8/17/2008	10:45 PM	M	F
Marathon	8/17/2008	7:30 AM	W	F
Marathon	8/24/2008	7:30 AM	M	F

Race Walks

Event	Date	Time	Sex	Round
20kmRW	8/16/2008	9:00 AM	M	F
20kmRW	8/21/2008	9:00 AM	W	F
50kmRW	8/22/2008	7:30 AM	M	F

Decathlon

Event	Date	Time
100m	8/21/2008	9:20 AM
110mH	8/22/2008	9:00 AM
1500m	8/22/2008	9:40 PM
400m	8/21/2008	10:00 PM
DT	8/22/2008	10:05 AM
HJ	8/21/2008	7:10 PM
JT - A	8/22/2008	7:00 PM
JT - B	8/22/2008	8:15 PM
LJ	8/21/2008	10:30 AM
PV	8/22/2008	12:55 PM
SP	8/21/2008	12:20 PM

Sprints & Relays

Event	Date	Time	Sex	Round
100m	8/15/2008	9:45 AM	M	R1
100m	8/15/2008	7:45 PM	M	QF
100m	8/16/2008	10:50 AM	W	R1
100m	8/16/2008	8:05 PM	M	SF
100m	8/16/2008	8:35 PM	W	QF
100m	8/16/2008	10:30 PM	M	F
100m	8/17/2008	7:45 PM	W	SF
100m	8/17/2008	10:25 PM	W	F
200m	8/18/2008	10:05 AM	M	R1
200m	8/18/2008	8:05 PM	M	QF
200m	8/19/2008	10:40 AM	W	R1
200m	8/19/2008	7:00 PM	W	QF
200m	8/19/2008	9:25 PM	M	SF
200m	8/20/2008	9:55 PM	W	SF
200m	8/20/2008	10:20 PM	M	F
200m	8/21/2008	7:30 PM	W	F
400m	8/16/2008	12:10 PM	W	R1
400m	8/17/2008	9:00 PM	W	SF
400m	8/18/2008	9:00 AM	M	R1
400m	8/19/2008	9:45 PM	M	SF
400m	8/19/2008	10:10 PM	W	F
400m	8/21/2008	9:20 PM	M	F
4x100	8/21/2008	8:20 PM	M	R1
4x100	8/21/2008	8:55 PM	W	R1
4x100	8/22/2008	9:15 PM	W	F
4x100	8/22/2008	10:10 PM	M	F
4x400	8/22/2008	7:40 PM	W	R1
4x400	8/22/2008	8:10 PM	M	R1
4x400	8/23/2008	8:40 PM	W	F
4x400	8/23/2008	9:05 PM	M	F

Hurdles

Event	Date	Time	Sex	Round
100mH	8/17/2008	7:00 PM	W	R1
100mH	8/18/2008	7:40 PM	W	SF
100mH	8/19/2008	10:30 PM	W	F
110mH	8/18/2008	11:10 AM	M	R1
110mH	8/19/2008	8:45 PM	M	QF
110mH	8/20/2008	9:30 PM	M	SF
110mH	8/21/2008	9:45 PM	M	F
400mH	8/15/2008	9:55 PM	M	R1
400mH	8/16/2008	9:15 PM	M	SF
400mH	8/17/2008	8:10 PM	W	R1
400mH	8/18/2008	8:45 PM	W	SF
400mH	8/18/2008	10:00 PM	M	F
400mH	8/20/2008	10:35 PM	W	F