

2020 SACRAMENTO MEET OF CHAMPIONS - ORDER OF EVENTS

OPEN SESSION (11:00 a.m. - 4:30 p.m.)

| Event No. | Track Event | Time | Event No. | Field Event | Time |
|-----------|---------------------------------------|------------|-----------|--------------------|------------|
| 07 | Girls' 400 Meter Relay - Heat 1 | 11:00 a.m. | 01 | Boys' Long Jump | 11:00 a.m. |
| | Girls' 400 Meter Relay - Heat 2 | | | | |
| | Girls' 400 Meter Relay - Heat 3 | | 02 | Boys' Pole Vault | 11:00 a.m. |
| 08 | Boys' 400 Meter Relay - Heat 1 | 11:15 a.m. | | | |
| | Boys' 400 Meter Relay - Heat 2 | | 03 | Girls' High Jump | 11:00 a.m. |
| | Boys' 400 Meter Relay - Heat 3 | | | | |
| 09 | Boys' 3200 Meters | 11:30 a.m. | 04 | Boys' Discus | 11:00 a.m. |
| 10 | Girls' 3200 Meters | | | | |
| 11 | Girls' 100 Meter Hurdles - Heat 1 | 12:04 p.m. | 05 | Girls' Shot Put | 11:00 a.m. |
| | Girls' 100 Meter Hurdles - Heat 2 | | | | |
| | Girls' 100 Meter Hurdles - Heat 3 | | 06 | Girls' Triple Jump | 11:00 a.m. |
| 12 | Boys' 110 Meter Hurdles - Heat 1 | 12:20 p.m. | | | |
| | Boys' 110 Meter Hurdles - Heat 2 | | | | |
| | Boys' 110 Meter Hurdles - Heat 3 | | | | |
| 13 | Girls' 400 Meters - Heat 1 | 12:35 p.m. | | | |
| | Girls' 400 Meters - Heat 2 | | | | |
| | Girls' 400 Meters - Heat 3 | | | | |
| 14 | Boys' 400 Meters - Heat 1 | 12:50 p.m. | | | |
| | Boys' 400 Meters - Heat 2 | | | | |
| | Boys' 400 Meters - Heat 3 | | | | |
| 15 | Girls' 100 Meters - Heat 1 | 1:05 p.m. | 17 | Girls' Long Jump | 1:15 p.m. |
| | Girls' 100 Meters - Heat 2 | | | | |
| | Girls' 100 Meters - Heat 3 | | 18 | Girls' Pole Vault | 1:15 p.m. |
| 16 | Boys' 100 Meters - Heat 1 | 1:20 p.m. | | | |
| | Boys' 100 Meters - Heat 2 | | 19 | Boys' High Jump | 1:15 p.m. |
| | Boys' 100 Meters - Heat 3 | | | | |
| 23 | Girls' 800 Meters - Heat 1 | 1:35 p.m. | 20 | Girls' Discus | 1:15 p.m. |
| | Girls' 800 Meters - Heat 2 | | | | |
| | Girls' 800 Meters - Heat 3 | | 21 | Boys' Shot Put | 1:15 p.m. |
| 24 | Boys' 800 Meters - Heat 1 | 1:53 p.m. | | | |
| | Boys' 800 Meters - Heat 2 | | 22 | Boys' Triple Jump | 1:15 p.m. |
| | Boys' 800 Meters - Heat 3 | | | | |
| 25 | Girls' 300 Meter Low Hurdles - Heat 1 | 2:15 p.m. | | | |
| | Girls' 300 Meter Low Hurdles - Heat 2 | | | | |
| | Girls' 300 Meter Low Hurdles - Heat 3 | | | | |
| 26 | Boys' 300 Meter Int. Hurdles - Heat 1 | 2:30 p.m. | | | |
| | Boys' 300 Meter Int. Hurdles - Heat 2 | | | | |
| | Boys' 300 Meter Int. Hurdles - Heat 3 | | | | |
| 27 | Girls' 200 Meters - Heat 1 | 2:50 p.m. | | | |
| | Girls' 200 Meters - Heat 2 | | | | |
| | Girls' 200 Meters - Heat 3 | | | | |
| 28 | Boys' 200 Meters - Heat 1 | 3:05 p.m. | | | |
| | Boys' 200 Meters - Heat 2 | | | | |
| | Boys' 200 Meters - Heat 3 | | | | |
| 29 | Girls' 1600 Meters | 3:20 p.m. | | | |
| 30 | Boys' 1600 Meters | 3:35 p.m. | | | |
| 31 | Girls' 1600 Meter Relay - Heat 1 | 3:45 p.m. | | | |
| | Girls' 1600 Meter Relay - Heat 2 | | | | |
| 32 | Boys' 1600 Meter Relay - Heat 1 | 4:00 p.m. | | | |
| | Boys' 1600 Meter Relay - Heat 2 | | | | |

INVITATIONAL SESSION (4:00 p.m. - 8:30 p.m.)

| Event No. | Track Event | Time | Event No. | Field Event | Time |
|-----------|--------------------------------------|-----------|-----------|---------------------|-----------|
| 40 | Women's 400 Meter Relay | 5:30 p.m. | 33 | Women's Pole Vault | 4:00 p.m. |
| 41 | Men's 400 Meter Relay | 5:38 p.m. | | | |
| 42 | Women's 1600 Meters | 5:45 p.m. | 34 | Men's Long Jump | 5:00 p.m. |
| 43 | Men's 1600 Meters | 5:55 p.m. | 35 | Women's Triple Jump | 5:00 p.m. |
| 44 | Women's 100 Meter Hurdles | 6:05 p.m. | 36 | Women's High Jump | 5:00 p.m. |
| 45 | Men's 110 Meter High Hurdles | 6:15 p.m. | 37 | Women's Shot Put | 5:00 p.m. |
| 46 | Women's 400 Meters | 6:20 p.m. | 38 | Men's Discus | 5:00 p.m. |
| 47 | Men's 400 Meters | 6:25 p.m. | | | |
| 53 | Women's 100 Meters | 6:30 p.m. | 39 | Men's Pole Vault | 6:00 p.m. |
| 54 | Men's 100 Meters | 6:35 p.m. | | | |
| 55 | Women's 800 Meters | 6:40 p.m. | 48 | Women's Long Jump | 6:30 p.m. |
| 56 | Men's 800 Meters | 6:50 p.m. | 49 | Men's Triple Jump | 6:30 p.m. |
| 57 | Women's 300 Meter Low Hurdles | 7:00 p.m. | 50 | Men's High Jump | 6:30 p.m. |
| 58 | Men's 300 Meter Intermediate Hurdles | 7:10 p.m. | 51 | Men's Shot Put | 6:30 p.m. |
| 59 | Women's 200 Meters | 7:17 p.m. | 52 | Women's Discus | 6:30 p.m. |
| 60 | Men's 200 Meters | 7:23 p.m. | | | |
| 61 | Women's 3200 Meters | 7:30 p.m. | | | |
| 62 | Men's 3200 Meters | 7:48 p.m. | | | |
| 63 | Women's 1600 Meter Relay | 8:05 p.m. | | | |
| 64 | Men's 1600 Meter Relay | 8:15 p.m. | | | |