



Virginia Grand Prix

FINAL Meet Schedule



Friday, April 12, 2024

Running Events

5:00 PM	W 100m Hurdles
5:15 PM	M 110m Hurdles
5:30 PM	W 3000m Steeplechase
5:45 PM	M 3000m Steeplechase
6:00 PM	W 4x100m Relay
6:10 PM	M 4x100m Relay
6:20 PM	W 1500m
6:40 PM	M 1500m
7:00 PM	M 5000m

Field Events

11:00 AM	W Hammer Throw
To Follow	M Hammer Throw
2:00 PM	M Javelin
To Follow	W Javelin
4:00 PM	M Triple Jump
4:00 PM	W Triple Jump
5:30 PM	M Pole Vault
6:30 PM	W Pole Vault

Heptathlon

12:30 PM	100m Hurdles
	High Jump
	Shot Put
	200m

Decathlon

12:00 PM	100m
	Long Jump
	Shot Put
	High Jump
	400m

Saturday, April 13, 2024

Running Events

3:00 PM	W 400m Hurdles
3:10 PM	M 400m Hurdles
3:25 PM	W 800m
3:35 PM	M 800m
3:50 PM	W 100m
4:00 PM	M 100m
4:10 PM	W 400m
4:20 PM	M 400m
5:05 PM	W 200m
5:15 PM	M 200m
5:30 PM	W 4x400m Relay
5:45 PM	M 4x400m Relay

Field Events

3:00 PM	W Discus Throw
To Follow	M Discus Throw
3:00 PM	M Long Jump
3:00 PM	W Long Jump
4:00 PM	M High Jump
4:00 PM	W High Jump
4:45 PM	W Shot Put
5:00 PM	M Shot Put

Heptathlon

11:00 AM	Long Jump
	Javelin
	800m

Decathlon

10:00 AM	110m Hurdles
	Discus Throw
	Pole Vault
	Javelin
	1500m

* As of 4/10/24