



Virginia High Performance

TENTATIVE Meet Schedule



Sunday, April 28, 2024

Running Events

4:30 PM	W 100m Hurdles
4:40 PM	M 110m Hurdles
4:50 PM	W 4x100m Relay
4:55 PM	M 4x100m Relay
5:20 PM	W 400m Hurdles
5:30 PM	M 400m Hurdles
5:40 PM	W 100m
5:45 PM	M 100m
5:55 PM	W 800m
6:05 PM	M 800m
6:20 PM	W 200m
6:30 PM	M 200m
6:45 PM	W 400m
6:55 PM	M 400m
7:05 PM	M 1500m
7:25 PM	Master's Mile
7:40 PM	W 1500m
7:50 PM	M Olympic 1500
8:10 PM	M 3000m Steeplechase
8:25 PM	W 3000m Steeplechase

Field Events

3:00 PM	W Javelin
To Follow	M Javelin
3:35 PM	W Shot Put
3:50 PM	M Shot Put
3:40 PM	W Long Jump
To Follow	M Long Jump
5:00 PM	W Hammer Throw
To Follow	M Hammer Throw
5:15 PM	W High Jump
To Follow	M High Jump
5:30 PM	M Pole Vault
To Follow	W Pole Vault
6:05 PM	M Triple Jump
To Follow	W Triple Jump
7:00 PM	M Discus
To Follow	W Discus

* As of 4/23/24