



Virginia Opener

FINAL Meet Schedule



Saturday, March 23, 2024

Running Events

2:05 PM	W 4x100m Relay
2:10 PM	M 4x100m Relay
2:15 PM	W 1500m
2:25 PM	M 1500m
2:35 PM	W 100m Hurdles
2:45 PM	M 110m Hurdles
2:55 PM	W 400m
3:05 PM	M 400m
3:15 PM	W 100m
3:20 PM	M 100m
3:30 PM	W 800m
3:35 PM	M 800m
3:45 PM	W 400m Hurdles
3:55 PM	M 400m Hurdles
4:05 PM	W 200m
4:15 PM	M 200m
4:25 PM	W 3000m
4:40 PM	M 3000m
4:50 PM	W 4x400m Relay
4:55 PM	M 4x400m Relay

Field Events

11:00 AM	W Javelin
12:30 PM	W Hammer Throw
To Follow	M Hammer Throw
1:30 PM	M High Jump
To Follow	W High Jump
3:15 PM	W Discus Throw
To Follow	M Discus Throw
3:30 PM	M Long Jump
3:30 PM	W Long Jump
4:30 PM	W Pole Vault
5:00 PM	M Pole Vault
5:00 PM	W Shot Put
5:00 PM	M Triple Jump
5:05 PM	W Triple Jump
5:15 PM	M Shot Put
6:00 PM	M Javelin

* As of 3/19/24