

VMI – W&L Track & Field Carnival

Final Schedule of Events

Friday March 27th: (@ W&L's Wilson Field)

DECATHLON DAY 1 –(estimated times), each event will begin 30min after conclusion of previous event
100m (10:00am), Long Jump (10:45am), Shot Put (1:45pm), High Jump (4:00pm), 400m (7:00pm)

HEPTATHLON DAY 1 –estimated times, each event will begin 30min after conclusion of previous event
100H (1:00pm), High Jump (1:45pm), Shot Put (3:15pm), 200m (4:45pm)

1:00pm	Open Javelin (men)
1:00pm	Open Discus (women)
4:00pm*	Open Javelin (women –*following men's Javelin)
4:00pm*	Open Discus (men –*following women's discus)

Distance Night -Under the Lights:

4:45pm	Youth 400m
5:15pm	W -3k Steeplechase (1 section)
5:35pm	M -3k Steeplechase (1 section)
6:00pm	W -1,500m (3 sections)
6:40pm	M -1,500m (4 sections)
7:20pm	W -5,000m (1 section)
8:00pm	M -5,000m (2 sections)
9:00pm	M&W 10,000m (1 section)
TBD	Decathlon 400m will be run around 7pm

Saturday March 28th: (@ VMI's Foster Stadium)

DECATHLON DAY 2 –estimated times, each event will begin 30min after conclusion of previous event
110H (8:45am), Discus (9:35am), Pole Vault (12:05pm), Javelin (3:00pm), 1500m (5:30pm)

HEPTATHLON DAY 2 –estimated times, each event will begin 30min after conclusion of previous event
Long Jump (9:00am), Javelin (10:00am), 800m (11:00am)

FIELD EVENTS:

9:00am	Women's Shot Put
	Men's Shot (after WSP)
9:00am	Women's Pole Vault
10:00am	Men's Long Jump
11:00am	Men's High Jump
12:00pm	Women's Triple Jump
12:00pm	Women's Hammer
	Men's Hammer (after WHT)
2:00pm	Men's Triple Jump
2:00pm	Women's High Jump
3:00pm	Men's Pole Vault
3:00pm	Women's Long Jump

TRACK EVENTS (Women, Than Men):

1:00pm	4x100m
1:15pm	800m
2:05pm	100H / 110H
2:30pm	400m
3:05pm	100m
3:35pm	400mH
4:05pm	200m
4:45pm	4x800m
5:20pm	4x400m