



# Virginia Grand Prix

**TENTATIVE** Meet Schedule



**Saturday, April 15, 2023**

## ***Running Events***

1:30 PM	W 100m Hurdles
1:40 PM	M 110m Hurdles
1:50 PM	W 4x100m Relay
1:55 PM	M 4x100m Relay
2:05 PM	W 800m
2:20 PM	M 800m
2:40 PM	W 400m Hurdles
2:55 PM	M 400m Hurdles
3:05 PM	W 100m
3:15 PM	M 100m
3:25 PM	W 400m
3:35 PM	M 400m
3:45 PM	W 3000m Steeplechase
4:00 PM	M 3000m Steeplechase
4:15 PM	W 200m
4:25 PM	M 200m
4:35 PM	W 1500m
4:50 PM	M 1500m
5:00 PM	W 4x400m Relay
5:10 PM	M 4x400m Relay
5:20 PM	W 5000m
5:40 PM	M 5000m

## ***Field Events***

11:00 AM	W Hammer Throw
To Follow	M Hammer Throw
2:30 PM	W Discus Throw
To Follow	M Discus
3:00 PM	M High Jump
To Follow	W High Jump
3:45 PM	M Long Jump
To Follow	W Long Jump
4:45 PM	W Shot Put
To Follow	M Shot Put
5:00 PM	M Pole Vault
To Follow	W Pole Vault
5:00 PM	M Javelin
To Follow	W Javelin
6:00 PM	M Triple Jump
To Follow	W Triple Jump

\* As of 3/30/23