



# Virginia High Performance

**TENTATIVE** Meet Schedule



**Sunday, April 30, 2023**

## ***Running Events***

3:30 PM	W 100m Hurdles
3:40 PM	M 110m Hurdles
3:50 PM	Master's Mile
4:00 PM	W 4x100m Relay
4:05 PM	M 4x100m Relay
4:10 PM	W 400m
4:15 PM	M 400m
4:20 PM	W 100m
4:25 PM	M 100m
4:35 PM	M 3000m Steeplechase
4:50 PM	W 3000m Steeplechase
5:05 PM	W 800m
5:15 PM	M 800m
5:25 PM	W 200m
5:35 PM	M 200m
5:45 PM	W 400m Hurdles
5:50 PM	M 400m Hurdles
5:55 PM	W 1500m
6:00 PM	Senior Recogniton
6:30 PM	M Mile

## ***Field Events***

12:00 PM	W Hammer Throw
To Follow	M Hammer Throw
2:30 PM	W Discus
To Follow	M Discus
3:00 PM	W High Jump
To Follow	M High Jump
3:30 PM	M Pole Vault
3:45 PM	W Pole Vault
3:45 PM	M Long Jump
4:00 PM	W Long Jump
4:45 PM	W Shot Put
5:00 PM	M Shot Put
5:00 PM	M Javelin
To Follow	W Javelin
5:00 PM	M Triple Jump
5:15 PM	W Triple Jump

\* As of 4/24/23