

# Virginia Grand Prix

## FINAL Meet Schedule



**Saturday, May 1, 2021**

### *Running Events*

|         |                      |
|---------|----------------------|
| 4:30 PM | W 100m Hurdles       |
| 4:40 PM | M 110m Hurdles       |
| 4:50 PM | W 4x100m Relay       |
| 5:00 PM | M 4x100m Relay       |
| 5:10 PM | W 3000m Steeplechase |
| 5:30 PM | M 3000m Steeplechase |
| 5:45 PM | W 400m Hurdles       |
| 5:55 PM | M 400m Hurdles       |
| 6:05 PM | W 100m               |
| 6:10 PM | M 100m               |
| 6:20 PM | W 400m               |
| 6:30 PM | M 400m               |
| 6:40 PM | W 5000m              |
| 7:05 PM | M 5000m              |
| 7:25 PM | W 200m               |
| 7:35 PM | M 200m               |
| 7:45 PM | W 800m               |
| 8:00 PM | M 800m               |
| 8:10 PM | W 4x400m Relay       |
| 8:15 PM | M 4x400m Relay       |
| 8:20 PM | W 1500m              |
| 8:35 PM | M Mile               |

### *Field Events*

|          |                |
|----------|----------------|
| 12:30 PM | W Hammer Throw |
| 2:30 PM  | M Hammer Throw |
| 3:00 PM  | W Long Jump    |
| 3:30 PM  | W Pole Vault   |
| 4:00 PM  | M Triple Jump  |
| 4:15 PM  | M High Jump    |
| 4:30 PM  | M Discus Throw |
| 5:00 PM  | W Triple Jump  |
| 5:45 PM  | M Long Jump    |
| 6:10 PM  | W High Jump    |
| 6:15 PM  | W Discus Throw |
| 6:25 PM  | M Pole Vault   |
| 6:30 PM  | M Shot Put     |
| 7:30 PM  | W Shot Put     |

*\* As of 4/29*