

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*