



Virginia High-Performance

FINAL Meet Schedule



Wednesday, May 4, 2022

Running Events

5:45 PM	W 100m Hurdles
5:50 PM	M 110m Hurdles
6:00 PM	W 4x100m Relay
6:05 PM	M 4x100m Relay
6:10 PM	W 400m
6:15 PM	M 400m
6:20 PM	W 100m
6:25 PM	M 100m
6:35 PM	M 2000m Steeplechase
6:45 PM	W 3000m
7:00 PM	M 3000m
7:10 PM	W 200m
7:15 PM	M 200m
7:20 PM	W 400m Hurdles
7:25 PM	M 400m Hurdles
7:35 PM	W 800m
7:40 PM	M 800m
7:45 PM	W 1500m
7:50 PM	M Mile

Field Events

1:00 PM	W Hammer Throw
2:15 PM	M Hammer Throw
2:30 PM	W High Jump
3:00 PM	M Long Jump
To Follow	W Long Jump
3:30 PM	W Discus
4:00 PM	M Pole Vault
To Follow	W Pole Vault
4:15 PM	M Triple Jump
4:45 PM	W Shot Put
4:45 PM	M Discus
6:00 PM	M Shot Put

* As of 5/3/22