



Virginia Quadrangular

FINAL Meet Schedule



Saturday, April 1, 2023

Running Events

2:15 PM	W 3000m Steeplechase
2:45 PM	W 4x100m Relay
2:55 PM	M 4x100m Relay
3:05 PM	M 3000m Steeplechase
3:20 PM	W 100m Hurdles
3:30 PM	M 110m Hurdles
3:45 PM	W 400m
3:55 PM	M 400m
4:05 PM	W 100m
4:15 PM	M 100m
4:25 PM	W 800m
4:30 PM	M 800m
4:40 PM	W 400m Hurdles
4:45 PM	M 400m Hurdles
4:55 PM	W 200m
5:05 PM	M 200m
5:15 PM	W 5000m
5:35 PM	M 5000m
5:55 PM	W 4x400m Relay
6:00 PM	M 4x400m Relay
6:10 PM	W 1500m
6:15 PM	M 1500m

Field Events

12:00 PM	W Javelin
1:00 PM	W Hammer Throw
To Follow	M Hammer Throw
2:00 PM	W High Jump
To Follow	M High Jump
3:45 PM	W Discus Throw
To Follow	M Discus Throw
4:00 PM	W Pole Vault
To Follow	M Pole Vault
4:00 PM	M Long Jump
4:00 PM	W Long Jump
5:30 PM	W Shot Put
5:30 PM	M Triple Jump
5:35 PM	W Triple Jump
5:45 PM	M Shot Put
6:00 PM	M Javelin

 Highlight denotes club section

* As of 3/28/23

Virginia Club Track & Field Meet Schedule

Saturday, April 1, 2023

Running Events

10:30 AM	M 4x800m Relay
10:45 AM	W 4x800m Relay
11:00 AM	Mixed 4x400m Relay
11:10 AM	M 4x100m Relay
11:20 AM	M 3000m Steeplechase
11:40 AM	W 400m
11:45 AM	M 400m
11:55 AM	W 100m
12:00 PM	M 100m
12:10 PM	W 800m
12:15 PM	M 800m
12:25 PM	W 200m
12:30 PM	M 200m
12:35 PM	W 5000m
1:00 PM	M 5000m
1:25 PM	W 4x400m Relay
1:30 PM	M 4x400m Relay
1:35 PM	W 1500m
1:45 PM	M 1500m

Field Events

10:00 AM	M High Jump
12:00 PM	M/W Long Jump
1:00 PM	M Triple Jump