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
6:25 PM	M 400m
6:35 PM	W 5000m
7:00 PM	M 5000m
7:20 PM	W 200m
7:30 PM	M 200m
7:40 PM	W 800m
7:50 PM	M 800m
8:00 PM	W 4x400m Relay
8:05 PM	M 4x400m Relay
8:15 PM	W 1500m
8:30 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 4/27/21*