

Virginia Tech Invitational
January 12-13, 2024
FINAL SCHEDULE

Friday, January 12, 2024

<u>Start</u>		<u>Field Events</u>
2:30pm	Women	Pole Vault - UNSEEDED
5:00pm	Women	Long Jump
5:30pm	Elite Women	Pole Vault – Pro Invite
5:00pm	Men	Weight Throw
7:00pm	Men	Long Jump
7:00pm	Women	Weight Throw
8:00pm	Men	Pole Vault - UNSEEDED

<u>Start</u>		<u>Running Events</u>
5:00pm	Women	3000m Run
5:30pm	Men	3000m Run
5:55pm	Women	1000m Run
6:10pm	Men	1000m Run
6:25pm	Women	60m Hurdles - Prelim
6:40pm	Men	60m Hurdles - Prelim
7:00pm	Women	60m Dash - Prelim
7:10pm	Men	60m Dash - Prelim
7:20pm	Women	Mile Run
7:35pm	Men	Mile Run
7:45pm	Men	60m Hurdles - Final
7:55pm	Women	60m Hurdles – Final
8:05pm	Men	60m Dash - Final
8:10pm	Women	60m Dash - Final
8:15pm	Women	500m Run
8:35pm	Men	500m Run
8:50pm	Women	300m Run
9:05pm	Men	300m Run

Saturday, January 13, 2024

<u>Start</u>		<u>Field Events</u>
11:00am	Women	High Jump
11:00am	Women	Pole Vault - SEEDED
12:00pm	Men	Shot Put
12:00pm	Women	Triple Jump
1:30pm	Men	High Jump
1:45pm	Men	Pole Vault - SEEDED
2:00pm	Women	Shot Put
2:00pm	Men	Triple Jump

<u>Start</u>		<u>Running Events</u>
1:00pm	Women	400m Run
1:15pm	Men	400m Run
1:30pm	Women	Distance Medley Relay
1:50pm	Men	Distance Medley Relay
2:05pm	Women	800m Run
2:10pm	Men	800m Run
2:15pm	Women	200m Run
2:30pm	Men	200m Run
2:45pm	Women	5000m Run
3:05pm	Men	5000m Run
3:25pm	Women	4 x 400m Relay
3:35pm	Men	4 x 400m Relay