

Virginia Tech Invitational
January 17-18, 2025
TENTATIVE SCHEDULE
As of 12/5/24

Friday, January 17, 2025

Start		Field Events
3:30pm	Women	Pole Vault - UNSEEDED
5:00pm	Women	Long Jump
5:00pm	Women	Weight Throw
7:00pm	Men	Long Jump
7:00pm	Men	Weight Throw
7:00pm	Men	Pole Vault - UNSEEDED

Saturday, January 18, 2025

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

Start		Running Events
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
8:20pm	Women	300m Run
8:35pm	Men	300m Run

Start		Running Events
2:00pm	Women	400m Run
2:15pm	Men	400m Run
2:30pm	Women	800m Run
2:45pm	Men	800m Run
3:00pm	Women	200m Run
3:15pm	Men	200m Run
3:30pm	Women	4 x 400m Relay
3:45pm	Men	4 x 400m Relay