



W&L Track & Field Carnival

Friday & Saturday March 17 & 18
Lexington, Virginia

FINAL TIME SCHEDULE

FRIDAY MARCH 17th:

Field Events:

*Weigh-ins – 9:45-10:30, 2:45-3:30

| | |
|----------|---------------|
| 11:00 am | Hammer (w) |
| 12:00 pm | Long Jump (m) |
| 12:30 pm | High Jump (w) |
| 1:30 pm | Hammer (m) |
| 2:30 pm | High Jump (m) |
| 3:00 pm | Long Jump (w) |
| 4:00 pm | Discus (w) |

Track Events: *fastest heats run 1st*

| | |
|---------|-------------|
| 4:00 pm | 1,500m (w) |
| 4:30 pm | 1,500m (m) |
| 5:00 pm | 5,000m (w) |
| 5:50 pm | 5,000m (m) |
| 6:30 pm | 4x400m (w) |
| 6:45 pm | 4x400m (m) |
| 7:00 pm | 10,000m (w) |
| 7:50 pm | 10,000m (m) |

Field events will be limited to 32 total participants. If entries surpass 32, teams will be limited to three entries per team.

SATURDAY MARCH 18th:

Field Events:

*Weigh-ins – 8:30-9:30

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|----------|-----------------|
| 10:00 am | Shot Put (m) |
| 10:00 am | Javelin (w) |
| 11:30 am | Triple Jump (w) |
| 11:30 am | Pole Vault (m) |
| 12:30 pm | Shot Put (w) |
| 12:30 pm | Javelin (m) |
| 1:45 pm | Triple Jump (m) |
| 2:00 pm | Pole Vault (w) |
| 3:00 pm | Discus (m) |

Track Events: *Fastest heats will run 1st*

| | |
|----------|--|
| 12:30 pm | Kids 50m (<i>Community Event</i>) |
| 12:50 pm | <u>National Anthem</u> |
| 1:00 pm | 4x100m (w) |
| 1:10 pm | 4x100m (m) |
| 1:20 pm | 3k Steeplechase (w) |
| 1:40 pm | 3k Steeplechase (m) |
| 2:00 pm | 100mH (w) |
| 2:15 pm | 110mH (m) |
| 2:30 pm | 400m (w) |
| 2:40 pm | 400m (m) |
| 2:55 pm | 100m (w) |
| 3:05 pm | 100m (m) |
| 3:15 pm | 800m (w) |
| 3:20 pm | deadline for DECLARATIONS for the 200m |
| 3:25 pm | 800m (m) |
| 3:40 pm | 400H (w) |
| 3:50 pm | 400H (m) |
| 4:05 pm | 200m (w) |
| Roll | 200m (m) |