

2023 Virginia Senior Games

Running Events

10:00 AM	M/W 50m Dash
10:20 AM	M/W 100m Dash
10:35 AM	M/W 400m Dash
10:55 AM	M/W 1500m Race Walk
11:20 AM	M/W 800m Run
11:45 AM	M/W 200m Dash
11:55 AM	M/W 1500m Run

Field Events

8:15 AM	M/W Javelin
9:15 AM	M/W Discus M/W Long Jump M/W High Jump M/W Pole Vault
10:15 AM	M/W Triple Jump
~10:45 AM	M/W Shot Put