

COLONIAL RELAYS

March 30th- April 1nd, 2023 | **UPDATED** SCHEDULE OF EVENTS



Thursday Field Events			
Time	Event	Gender	Section
3:30 PM	Hammer	Men	<i>Invitational</i>
To Follow	Hammer	Men	

Friday Running Events			
Time	Event	Gender	Section
9:00 AM	NATIONAL ANTHEM		
9:10 AM	5,000m	Women	<i>Unseeded</i>
9:55 AM	5,000m	Men	<i>Unseeded</i>
10:35 AM	800m	Women	
11:00 AM	800m	Men	
11:30 AM	100m Hurdles	Women	
11:55 AM	110m Hurdles	Men	
12:05 PM	100m Dash	Women	
12:30 PM	100m Dash	Men	
1:05 PM	400m Hurdles	Women	
1:40 PM	400m Hurdles	Men	
2:05 PM	400m Dash	Women	
2:35 PM	400m Dash	Men	
3:10 PM	200m Dash	Women	
3:40 PM	200m Dash	Men	
	OFFICIALS BREAK		
5:00 PM	3k Steeplechase	Women	
5:30 PM	3k Steeplechase	Men	
5:55 PM	1500m	Women	<i>Unseeded</i>
6:35 PM	1500m	Men	<i>Unseeded</i>
7:05 PM	1500m	Women	<i>Invitational</i>
7:15 PM	1500m	Men	<i>Invitational</i>
7:25 PM	5,000m	Women	<i>Invitational</i>
8:10 PM	5,000m	Men	<i>Invitational</i>
8:45 PM	10,000m	Women	<i>Invitational</i>
9:30 PM	10,000m	Men	<i>Invitational</i>

Friday Field Events				
Time	Event	Gender	Section	Location
10:00 AM	Hammer	Women		
	High Jump	Men		
11:00 AM	Long Jump	Men	<i>Invitational</i>	<i>N Runway</i>
	Long Jump	Women	<i>Invitational</i>	<i>S Runway</i>
11:45 AM	Hammer	Women	<i>Invitational</i>	
12:30 PM	High Jump	Men	<i>Invitational</i>	
1:00 PM	Long Jump	Men		<i>N Runway</i>
	Long Jump	Women		<i>S Runway</i>
2:00 PM	Javelin	Women	<i>Invitational</i>	
3:15 PM	Javelin	Women		
3:30 PM	Pole Vault	Women	<i>Invitational</i>	
To Follow	Pole Vault	Women		
4:45 PM	Javelin	Men	<i>Invitational</i>	
5:45 PM	Javelin	Men		

Non-Invitational sections – 1-2 flights, no finals
Invitational sections – 1 flight, top 9 move to finals

COLONIAL RELAYS

March 30th- April 1st, 2023 | **UPDATED** SCHEDULE OF EVENTS



Saturday Running Events			
Time	Event	Gender	Section
9:50 AM	NATIONAL ANTHEM		
10:00 AM	10,000m	Women	<i>Unseeded</i>
10:45 AM	10,000m	Men	<i>Unseeded</i>
11:30 AM	100m Hurdles	Women	<i>Invitational</i>
11:45 AM	110m Hurdles	Men	<i>Invitational</i>
11:55 AM	4x100m Relay	Women	
12:05 PM	4x100m Relay	Men	
12:15 PM	SMR (2-2-4-8)	Women	
12:40 PM	SMR (2-2-4-8)	Men	
12:55 PM	4x200m Relay	Women	
1:10 PM	4x200m Relay	Men	
1:25 PM	W&M SENIOR RECOGNITION		
1:40 PM	800m	Women	<i>Invitational</i>
1:50 PM	800m	Men	<i>Invitational</i>
2:00 PM	DMR	Women	
2:30 PM	DMR	Men	
2:55 PM	4x1500m Relay	Women	
3:20 PM	4x1500m Relay	Men	
4:00 PM	4x400m Relay	Women	
4:25 PM	4x400m Relay	Men	

Saturday Field Events				
Time	Event	Gender	Section	Location
10:00 AM	Discus	Men		
	Shot Put	Women	<i>Invitational</i>	
11:00 AM	Triple Jump	Men	<i>Invitational</i>	<i>N Runway</i>
	Triple Jump	Women	<i>Invitational</i>	<i>S Runway</i>
	High Jump	Women		
11:15 AM	Discus	Men	<i>Invitational</i>	
11:30 AM	Shot Put	Women		
	Pole Vault	Men		
1:00 PM	Triple Jump	Men		<i>N Runway</i>
	Triple Jump	Women		<i>S Runway</i>
	Discus	Women	<i>Invitational</i>	
1:30 PM	Shot Put	Men	<i>Invitational</i>	
2:30 PM	Pole Vault	Men	<i>Invitational</i>	
	High Jump	Women	<i>Invitational</i>	
2:30 PM	Discus	Women		
3:00 PM	Shot Put	Men		

Non-Invitational sections – 1-2 flights, no finals

Invitational sections – 1 flight, top 9 move to finals