

2025 Virginia Senior Games

Running Events

10:30 AM	M/W 1500m Run
10:45 AM	M/W 50m Dash
11:00 AM	M/W 100m Dash
11:15 AM	M/W 400m Dash
11:30 AM	M/W 1500m Race Walk
11:45 AM	M/W 800m Run
11:55 AM	M/W 200m Dash

Field Events

8:00 AM	M/W Javelin
9:30 AM	M/W Discus M/W High Jump M/W Pole Vault M/W Long Jump
10:30 AM	M/W Triple Jump
10:45 AM	M/W Shot Put