W&L Track & Field Carnival
Friday & Saturday March 15 &16
Lexington, Virginia

FINAL TIME SCHEDULE

FRIDAY MARCH 15th:

Field Events:
10:00am    Hammer (w)
12:00pm    Long Jump (m)
12:15pm    Hammer (m)
12:30pm    High Jump (w)
2:30pm     Discus (w)
3:00pm     Long Jump (w)
3:00pm     High Jump (m)
4:45pm     Discus (m)

Track Events: fastest heats run 1st
3:45pm     Kids 50m (Community Event)
4:00pm     1,500m (w)
4:40pm     1,500m (m)
5:20pm     5,000m (w)
5:50pm     5,000m (m)
6:35pm     4x400m (w)
6:55pm     4x400m (m)
7:15pm     10,000m (m)

SATURDAY MARCH 16th:

Field Events:
11:00am    Shot Put (w)
11:00am    Javelin (m)
11:30am    Triple Jump (m)
11:30am    Pole Vault (w)
1:30pm     Shot Put (m)
1:30pm     Javelin (w)
2:00pm     Triple Jump (w)
2:30pm     Pole Vault (m)

Track Events: Fastest heats will run 1st
11:50am    National Anthem
12:00pm    4x100m (w)
12:05pm    4x100m (m)
12:15pm    3k Steeplechase (w)
12:35pm    3k Steeplechase (m)
12:50pm    100mH (w)
1:05pm     110mH (m)
1:20pm     400m (w)
1:45pm     400m (m)
2:10pm     100m (w)
2:25pm     100m (m)

*200m Declarations
2:45pm     800m (w)
3:15pm     800m (m)
3:40pm     400H (w)
3:55pm     400H (m)
4:15pm     200m (w)
Roll       200m (m)