



# W&L Track & Field Carnival

*Friday & Saturday March 15 & 16  
Lexington, Virginia*

## FINAL TIME SCHEDULE

### FRIDAY MARCH 15<sup>th</sup>:

**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 1<sup>st</sup>*

3:45pm	Kids 50m ( <i>Community Event</i> )
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)

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### SATURDAY MARCH 16<sup>th</sup>:

**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 1<sup>st</sup>*

11:50am	<u>National Anthem</u>
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)