



W&L Track & Field Carnival

Friday & Saturday March 18 & 19
Lexington, Virginia

FINAL TIME SCHEDULE

FRIDAY MARCH 18th:

Field Events:

*Weigh-ins – 9:45-10:30, 1:30-2:15
11:00am Shot Put (m)
12:00pm Long Jump (m)
12:30pm High Jump (w)
1:00pm Shot Put (w)
2:45pm High Jump (m)
3:00pm Long Jump (w)
3:00pm Javelin (m)
5:00pm Javelin (w)

Track Events: *fastest heats run 1st*

3:45pm Kids 50m (Community Event)
4:00pm 1,500m (w)
4:35pm 1,500m (m)
5:30pm 5,000m (w)
6:30pm 5,000m (m)
7:15pm 4x400m (w)
7:45pm 4x400m (m)
8:00pm 10,000m (m)

SATURDAY MARCH 19th:

Field Events:

*Weigh-ins – 8:30-9:30
9:45am Hammer (w)
11:30am Triple Jump (m)
11:30am Pole Vault (w)
11:45am Hammer (m)
1:45pm Triple Jump (w)
2:00pm Discus (w)
2:15pm Pole Vault (m)
4:15pm Discus (m)

Track Events: *Fastest heats will run 1st*

12:50pm National Anthem
1:00pm 4x100m (w)
1:10pm 4x100m (m)
1:20pm 3k Steeplechase (w)
1:40pm 3k Steeplechase (m)
2:00pm 100mH (w)
2:15pm 110mH (m)
2:25pm 400m (w)
2:40pm 400m (m)
3:00pm 100m (w)
3:15pm 100m (m)
3:45pm 800m (w)
4:10pm 800m (m)
4:45pm 400H (w)
5:00pm 400H (m)
5:30pm 200m (w)
Roll 200m (m)