# VIRGINIA CHALLENGE & COMBINED EVENTS

**Friday-Saturday April 19-20, 2019**
**TENTATIVE SCHEDULE**    As of 04/16/19

## Friday, April 19

| | | | |
|---|---|---|---|
| 9:00 AM | WOMEN'S 3000M STEEPLECHASE | 1 Section | |
| | WOMEN'S TRIPLE JUMP | 2 Flights | |
| | MEN'S TRIPLE JUMP | 1 Flights | |
| | MEN'S POLE VAULT | Section 1 | Softball |
| | WOMEN'S POLE VAULT | Section 1 | Baseball |
| 9:15 AM | WOMEN'S JAVELIN | 2 Flights | |
| 10:00 AM | WOMEN'S 100M | 5 Sections | |
| 10:15 AM | MEN'S 100M | 6 Sections | |
| 10:35 AM | WOMEN'S 400M | 4 Sections | |
| 10:50 AM | MEN'S 400M | 2 Sections | |
| 10:55 AM | WOMEN'S 800M | 2 Sections | |
| 11:00 AM | MEN'S 800M | 1 Section | |
| | MEN'S JAVELIN | 2 Flights | |
| 1:30 AM | WOMEN'S HAMMER | 2 Flights | |
| | *immediately following Javelin* | | |

| | ***FRIDAY NIGHT MAIN EVENT*** | | |
|---|---|---|---|
| *5:45 PM* | ***YOUTH RACES 400M/200M*** | | |
| 6:00 PM | WOMEN'S TRIPLE JUMP INVITATIONAL | 9 Athletes | Inside |
| | MEN'S TRIPLE JUMP INVITATIONAL | 9 Athletes | Outside |
| | WOMEN'S HAMMER INVITATIONAL | 9 Athletes | |
| 6:05 PM | MEN'S 4x100M RELAY | 2 Sections | |
| 6:15 PM | WOMEN'S 4x100M RELAY | 2 Sections | |
| 6:25 PM | WOMEN'S 3000M STEEPLECHASE | 2 Sections | |
| 6:52 PM | MEN'S 3000M STEEPLECHASE | 2 Sections | |
| 7:15 PM | WOMEN'S 400M INVITATIONAL | 3 Sections | |
| | WOMEN'S DISCUS | 2 Flights | |
| 7:26 PM | MEN'S 400M INVITATIONAL | 3 Sections | |
| 7:30 PM | MEN'S POLE VAULT INVITATIONAL | | Softball |
| | WOMEN'S POLE VAULT INVITATIONAL | | Baseball |
| 7:37 PM | WOMEN'S 800M INVITIONAL | 5 Sections | |
| 7:57 PM | MEN'S 800M INVITATIONAL | 5 Sections | |
| 8:00 PM | MEN'S SHOT PUT INVATIONAL | 9 Athletes | Hillside |
| 8:15 PM | MEN'S 5000M INVITATIONAL | Section 1 | |
| 8:32 PM | WOMEN'S 10000M | Section 1 | |
| 9:15 PM | MEN'S 5000M INVITATIONAL | Section 2 | |

*9:30 PM Finish*

## Saturday, April 20

| | | | |
|---|---|---|---|
| *9:57 AM* | *NATIONAL ANTHEM* | | |
| 10:00 AM | MEN'S DISCUS | 2 Flights | |
| | WOMEN' 5000M | 1 Section | |
| 10:30 AM | MEN'S 1500M | 2 Sections | |
| | WOMEN'S 1500M | 1 Section | |
| 11:00 AM | WOMEN'S LONG JUMP | 2 Flights | |
| | MEN'S LONG JUMP | 2 Flights | |
| 12:00 PM | WOMEN'S SHOT PUT | 3 Fligths | Hillside |
| 12:30 PM | MEN'S HIGH JUMP | | Baseball |
| | WOMEN'S HIGH JUMP | | Shed |
| 1:00 PM | MEN'S 110M HURDLES | 5 Sections | |
| 1:45 PM | WOMEN'S 100M HURDLES | 6 Sections | |
| | MEN'S HAMMER | 1 Flight | |
| 2:15 PM | WOMEN'S 200M | 7 Sections | |
| 2:45 PM | MEN'S 200M | 8 Sections | |
| 3:00 PM | MEN'S SHOT PUT | 3 Flights | Hillside |
| 3:05 PM | WOMEN'S 400M HURDLES | 2 Sections | |
| 3:10 PM | MEN'S 400M HURDLES | 2 Sections | |
| 3:30 PM | MEN'S HIGH JUMP INVITATIONAL | | Baseball |
| | WOMEN'S HIGH JUMP INVITATIONAL | | Shed |
| | WOMEN'S LONG JUMP INVITATIONAL | 9 Athletes | Inside |
| | MEN'S LONG JUMP INVITATIONAL | 9 Athletes | Outside |

| | ***SATURDAY MAIN EVENT*** | | |
|---|---|---|---|
| 6:00 PM | WOMEN'S JAVELIN INVITATIONAL | 9 Athletes | |
| 6:10 PM | MEN'S 400M HURDLES INVITATIONAL | 3 Sections | |
| 6:22 PM | WOMEN'S 400M HURDLES INVITATIONAL | 3 Sections | |
| 6:35 PM | ***RAGGED MOUNTAIN MASTERS MILE*** | | |
| 6:45 PM | MEN'S 1500M INVITATIONAL | 4 Sections | |
| 7:03 PM | WOMEN'S 1500M INVITATIONAL | 4 Sections | |
| 7:28 PM | MEN'S 4X400M RELAY | 2 Sections | |
| 7:30 PM | MEN'S DISCUS INVITATIONAL | 9 Athletes | |
| 7:38 PM | WOMEN'S 4X400M RELAY | 2 Sections | |
| 7:45 PM | WOMEN'S SHOT PUT INVITATIONAL | 9 Athletes | Hillside |
| 7:50 PM | WOMEN'S 5000M INVITATIONAL | Section 1 | |
| 8:10 PM | MEN'S 10000M | Section 1 | |
| 8:15 PM | MEN'S HAMMER INVITATIONAL | 9 Athletes | |
| 8:45 PM | WOMEN'S 5000M INVITATIONAL | Section 2 | |

*9:05 PM Finish*

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## Friday, April 19
### VIRGINIA CHALLENGE COMBINED EVENTS

| | | |
|---|---|---|
| **9:15 AM** | DECATHLON 100M (3 heats) | |
| *10:00 AM* | DECATHLON LONG JUMP (1 Pit) | Outside |
| *approx time* | DECATHLON SHOT PUT | |
| | DECATHLON HIGH JUMP (1 pit) | Baseball |
| | DECATHLON 400M (3 heats) | |
| | | |
| **9:35 AM** | HEPTATHLON 100M HURDLES | |
| *10:20 AM* | HEPTATHLON HIGH JUMP (1 pit) | Shed |
| *approx time* | HEPTATHLON SHOT PUT | |
| | HEPTATHLON 200M | |

## Saturday, April 20
### VIRGINIA CHALLENGE COMBINED EVENTS

| | | |
|---|---|---|
| **12:00 PM** | DECATHLON 110M HURDLES (5 heats) | |
| *12:35 PM* | DECATHLON DISCUS (1 section) | |
| *2:00 PM* | DECATHLON POLE VAULT (1 pit) | Softball |
| *4:30 PM* | DECATHLON JAVELIN (1 section) | |
| **6:00 PM** | DECATHLON 1500M (1 section) | |
| | | |
| **1:30 PM** | HEPTATHLON LONG JUMP (1 Pit) | Inside |
| *3:15 PM* | HEPTATHLON JAVELIN (1 section) | |
| *5:00 PM* | HEPTATHLON 800M (1 section) | |
| *approx times* | | |