



Virginia Challenge presented by Beynon Sports Surfaces

REVISED Meet Schedule as of 4/18/23



Thursday, April 20, 2023

Field Events

5:00 PM	W Hammer Throw
To Follow	M Hammer Throw

Heptathlon

12:30 PM	100m Hurdles
	High Jump
	Shot Put
	200m

Decathlon

12:00 PM	100m
	Long Jump
	Shot Put
	High Jump
	400m

Friday, April 21, 2023

Running Events

3:50 PM	W 100m Prelim
4:20 PM	M 100m Prelim
4:50 PM	W 400m
5:10 PM	M 400m
5:30 PM	W 1500m
5:45 PM	M 1500m
6:00 PM	W 3000m Steeplechase
6:15 PM	M 3000m Steeplechase
6:30 PM	M 3000m Steeplechase Invitational
6:45 PM	W 3000m Steeplechase Invitational
7:00 PM	W 100m Final
7:05 PM	M 100m Final
7:10 PM	W 800m Invitational
7:25 PM	M 800m Invitational
7:40 PM	W 1500m Invitational
7:55 PM	M 1500m Invitational
8:10 PM	M 5000m Invitational
8:30 PM	W 5000m Invitational
8:50 PM	M 10,000m Invitational
9:20 PM	W 10,000m Invitational
9:55 PM	M 5000m B
10:15 PM	M 5000m C
10:35 PM	W 5000m
10:50 PM	M 10,000m if necessary

Field Events

1:45 PM	W Discus Throw
4:00 PM	M Discus Throw
2:00 PM	M Pole Vault
2:30 PM	W Pole Vault
5:00 PM	M Pole Vault Invitational
5:30 PM	W Pole Vault Invitational
6:00 PM	M Javelin
6:00 PM	W Triple Jump
6:30 PM	M Triple Jump
8:00 PM	W Javelin

Heptathlon

11:00 AM	Long Jump
	Javelin
	800m

Decathlon

10:00 AM	110m Hurdles
	Discus Throw
	Pole Vault
	Javelin
	1500m

Saturday, April 22, 2023

Running Events

12:00 PM	W 100m Hurdles
12:20 PM	M 110m Hurdles
12:40 PM	W 4x100m Relay
12:50 PM	M 4x100m Relay
1:00 PM	W 400m Hurdles
1:20 PM	M 400m Hurdles
1:40 PM	W 200m
2:00 PM	M 200m
2:20 PM	W 800m
2:45 PM	M 800m
3:05 PM	W 4x400m Relay
3:15 PM	M 4x400m Relay

Field Events

12:30 PM	M Shot Put
12:45 PM	W Shot Put
1:00 PM	W High Jump
1:15 PM	M High Jump
1:20 PM	M Long Jump
1:30 PM	W Long Jump