

2023 Virginia Commonwealth Games
Schedule of Events: Youth | Inclusive Athletes

Saturday 07.22.2023

Please Note - This schedule can run up to 45 minutes ahead at the discretion of Meet Management.
Please plan accordingly.

7:00 am: 3000m Run (11-12GB, 13-14GB, 15-16GB, 17-18WM)

8:00 am; 200m dash (Adaptive age group)

8:00 am: 200m Dash (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

09:45 am: 4x800m Relay (11-12GB, 13-14GN, 15-16GB, 17-18WM)

10:00 am 50m Dash (3-6) & Adaptive

10:15 am 100m Dash - Inclusive Athletes (15-16)

10:30 am 100m Dash - Timed Final (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

11:00 am National Anthem

11:05 am 3000m Racewalk (13-14GB, 15-16GB, 17-18WM)

11:40 am 1500m Racewalk (9-10GB, 11-12GB)

12:00 pm 80m Hurdles - Timed Final (11-12GB)

12:15 pm 100m Hurdles - Timed Final (13GB, 14G, 15-16G, 17-18W, 14B)

12:30 pm 110m Hurdles (15-16B, 17-18M)

12:45 pm 400m Dash (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

1:15 pm 4x100m Relay (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

1:45 pm 1500m Run (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

2:15 pm 200m Hurdles (13-14G, 13-14B)

2:40 pm 400m Hurdles (15-16G, 17-18W, 15-16B, 17-18M)

3:05 pm 800m Run (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

3:45 pm 4x400m Relay (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

Saturday 07.22.2023: Field Events

All athletes competing in the field events, excluding High Jump and Pole Vault, will have **4 attempts**: NO FINAL

8:am High Jump - Boys followed by Girls 8:00 am (9-10, 11-12, 13-14, 15-16, 17-18)

Long Jump - Inclusive Athletes (Pit One) (15-16)

8:am Long Jump - Boys (Pit One) 8:00 am (17-18, 15-16, 13-14, 11-12, 9-10, 7-8)

Softball Throw - Inclusive Athletes 8:00 am (All Age Groups)

Shot Put - Girls followed by Boys 8:30 am (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

9:am Pole Vault (13-14, 15-16, 17-18)

10:am Triple Jump - Girls followed by Boys 10:00 am (13-14, 15-16, 17-18)

10:am Discus Boys - Boys followed by Girls 10:00 am (11-12, 13-14, 15-16, 17-18)

11:30 Turbo Javelin - Girls followed by Boys 11:30 am (7-8, 9-10, 11-12)

Turbo Javelin - Inclusive Athletes (15-16)

2023 Virginia Commonwealth Games
Schedule of Events: Open | Master | Inclusive Athletes
Sunday, 07.23.2023

Please Note - This schedule can run up to 30 minutes ahead at the discretion of Meet Management. Please plan accordingly.

RUNNING EVENTS:

8:30 am 5000m Run (All Age Divisions)

9:00 am 50m Dash (60-64, 65-69, 70-74, 75-80, 85-100)

50m Walk - Inclusive Athletes (30-34, 35-39, 40-44)

9:15 am 100m Dash - Timed Final (All Age Divisions)

100m Walk - Inclusive Athletes (30-34, 35-39, 40-44)

9:45 am 3000m Racewalk (All Age Divisions)

10:00 am 80m Hurdles - Timed Final

27" (60-64W, 65-69 W, 70-74 W, 75-80 W, 84-89 W) | (80-84 M, 85-89 M)

30" (40-44 W, 45-49 W, 50-54 W, 55 W) | (70-74 M, 75 M)

10:15 am 100m Hurdles - Timed Final

33" (Open W, 30-34W, 35-39 W) | (60-64 M, 65 M)

36" (50-54 M, 55 M)

10:35 am 110m Hurdles

39" (Open M, 30-34 M, 35-39 M, 40-44 M, 45 M)

11:00 am 400m Dash

(All Age Divisions)

11:20 am 1500m Run

(All Age Divisions)

11:40 am 200m Hurdles

27" (70-74 W, 75-79 W, 80-84 W, 85-89 W)

27" (80-84 M, 85-89 M)

12:00 am National Anthem

12:05 pm 300m Hurdle

27" (60-64 W, 65-69 W)

27" (70-74 M, 75-79 M)

30" (50-54 W, 55-59 W)

30" (60-64 M, 65 M)

12:30 pm 400m Hurdles

30" (Open W, 30-34 W, 35-39 W, 40-44 W, 45-49 W)

33" (50-54 M, 55 M)

36" (Open M, 30-34 M, 35-39 M, 40-44 M, 45-49 M)

12:50 pm 200m Dash

(All Age Divisions)

1:20 pm 800m Run

(All Age Divisions)

1:45 pm 3000m Run

(All Age Divisions)

FIELD EVENTS:

All athletes competing in field events, excluding High Jump and Pole Vault, will have 4 attempts. NO FINAL

8:00 am Long Jump - Men (Pit One)

(All Age Divisions)

8:00am Long Jump - Women (Pit Two)

(All Age Divisions)

8:00 am Softball Throw - Inclusive Athletes

(30-34, 35-39)

8:00 am Shot Put - Women followed by Men

(All Age Divisions)

9:00 am High Jump

(All Age Divisions)

9:00 am Pole Vault

(All Age Divisions)

10:00 am Discus - Men followed by Women

(All Age Divisions)

10:00 am Triple Jump - Women followed by Men

(All Age Divisions)

10:00 am Turbo Javelin - Inclusive Athletes

(30-34, 35-39)