



**2020 Virginia Commonwealth Games Track & Field
Time Schedule/Rolling Schedule for Events**

Field Events

8:00 AM	Long Jump-Pit #1 Youngest to Oldest Girls/Women (3 jumps ages 3 -14) TripleJump will follow
8:00 AM	ShotPut - Youngest to Oldest Male (3 Throws for ages 7-14)
8:00 AM	Discus - Youngest to Oldest Female (3 Throws ages 7-14)
8:00 AM	Turbo javelin -Youngest to Oldest -Girls/boys (3 Throws ages 3-14)
9:00 AM	Long Jump-Pit # 2 Youngest to Oldest Boys/ Men (3 jumps ages 3 - 14) TripleJump will follow
10:00 AM	HighJump -Youngest to Oldest Female/ Male
11:00 AM	ShotPut- Youngest to Oldest Male (3 Throws ages 7-14)
4:00 PM	Polevault

Running Events

7:00 AM	5000m run -All eligible age groups runners-Female/ Male
7:30 AM	1500mRacewalk-All eligible age groups runners-Female/ Male
8:00 AM	National Anthem/ Introduction of Special Guest Olympian
8:15AM	80 meter hurdles/100m hurdles/110m hurdles
9:00 AM	50m dash-100m dash wheel chair-100m dash Impaired- 100m dash
10:00 AM	1500m run female/male
11:00 AM	All eligible relays Female/Male
12:00 PM	300/400m Hurdles
1:00 PM	400m Dash
1:40 PM	800m Run
2:30 PM	200m Run
4:00 PM	3000m Run