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 TripleJump will follow**
8:00 AM	**ShotPut - Youngest to Oldest Male**
8:00 AM	**Discus - Youngest to Oldest Female**
8:00 AM	**Turbo javelin -Youngest to Oldest -Girls/boys**
9:00 AM	**Long Jump-Pit # 2 Youngest to Oldest Boys/ Men TripleJump will follow**
10:00 AM	**HighJump -Youngest to Oldest Female/ Male**
11:00 AM	**Discus- Youngest to Oldest Male**
11:00 AM	**ShotPut- Youngest to Oldest Female**
4:00 PM	**Polevault**

Running Events

7:00 AM	**5000m run -All eligible age groups runners-Female/ Male**
7:15 AM	**3000mRacewalk-All eligible age groups runners-Female/ Male**
7: 50 AM	**1500mRacewalk-All eligible age groups runners-Female/ Male**
8:15 AM	**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**