



2021 Virginia Commonwealth Games

Schedule of Events

Saturday 07.24.2021: Field Events

All athletes competing in the field events, excluding High Jump and Pole Vault, will have 4 attempts; NO FINAL Girls/Women followed by Boys/Men

High Jump	
8:00 am	(17-18, 15-16, 13-14, 11-12, 9-10, 7-8)
Long Jump - Pit One (Girls/Women)	
8:00 am	(3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
9:00 am	(Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am	(60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
Long Jump - Pit Two (Boys/Men)	
8:00 am	(3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
9:00 am	(Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am	(60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
Turbo Javelin	
8:00 am	(13-14, 11-12, 9-10, 7-8, 5-6, 3-4)
Shot Put - (Girls/Women)	
8:00 am	(60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
9:00 am	(Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am	(3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
Discus - (Boys/Men)	
8:00 am	(60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
9:00 am	(Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am	(3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
Pole Vault	
5:00 pm	(60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
6:00 pm	(Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
7:00 pm	(3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

Saturday 07.24.2021: Running Events

Please Note - This schedule can run up to 30 minutes ahead, per Meet Management.
Please plan accordingly.

7:00 am	5000m Run (ALL AGE DIVISIONS)
8:00 am	1500m Race Walk (ALL AGE DIVISIONS)
8:30 am	80m Hurdles (G11-12, W40-45, W60-65, W70-89) (B11-12, M70-75, M80-89)
9:00 am	100m Hurdles (G13-14, G15-16, G17-18, WOpen, W30-34, W35-39) (B13-14, M60-65)
9:30 am	110m Hurdles (G15-16, G17-18, MOpen, M30-34, M35-39)
10:00 am	50m Dash (3-6, 60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
10:15 am	100m Wheelchair Division (WOpen)
10:30 am	100m Dash (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
11:00 am	1500m Run (9-10, 11-12, 13-14, 15-16, 17-18)
	National Anthem
12:00 pm	400m Dash (7-8, 9-10, 11-12, 13-14, 15-16, G17-18) (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59) (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
1:00 pm	4x100m Relay (WOpen, MOpen)
1:15 pm	3000m Run (G11-12, G13-14, G15-16, G17-18, WOpen, W30-34, W35-39, W40-44, W45-49) (W50-54, W55-59, W60-64, W65-69, W70-74, W75-79, W80-84, W85-100)