



## 2022 Virginia Commonwealth Games

### Schedule of Events: Youth | Inclusive Athletes

#### Friday 07.22.2022: Multi Events

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

12:00 pm	<b>Decathlon</b> - (15-16, 17-18 Boys) (100m Dash, Long Jump, Shot Put, High Jump, 400m Dash)
12:15 pm	<b>Heptathlon</b> - (15-16, 17-18 Girls) (100m Hurdles, High Jump, Shot Put, 200m Dash)
12:30 pm	<b>Pentathlon</b> - (13-14 Boys) (100m Hurdles, Shot Put, High Jump, Long Jump, 1500m Run)
12:45 pm	<b>Pentathlon</b> - (13-14 Girls) (100m Hurdles, Shot Put, High Jump, Long Jump, 800m Run)
1:00 pm	<b>Pentathlon</b> - (11-12 Girls) (80m Hurdles, Shot Put, High Jump, Long Jump, 800m Run)
1:15 pm	<b>Pentathlon</b> - (11-12 Boys) (80m Hurdles, Shot Put, High Jump, Long Jump, 1500m Run)
1:30 pm	<b>Triathlon</b> - (9-10 Boys) (High Jump, Shot Put, 400m Dash)
1:45 pm	<b>Triathlon</b> - (9-10 Girls) (High Jump, Shot Put, 200m Dash)
3:00 pm	<b>2000m Steeplechase</b> (15-16, 17-18)

## Saturday 07.23.2022: Running Events

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

8:00 am	<b>Decathlon</b> - (15-16, 17-18 Boys) (110m Hurdles, Discus, Pole Vault, Javelin, 1500m Run)
8:00 am	<b>Heptathlon</b> - (15-16, 17-18 Girls) (Long Jump, Javelin, 800m Run)
9:30 am	<b>3000m Run</b> (11-12GB, 13-14GB, 15-16GB, 17-18WM)
9:45 am	<b>200m Dash</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
10:45 am	<b>4x800m Relay</b> (11-12GB, 13-14GN, 15-16GB, 17-18WM)
11:00 am	<b>50m Dash</b> (3-6)
11:05 am	<b>100m Dash - Inclusive Athletes</b> (15-16)
11:10 am	<b>100m Dash - Timed Final</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
12:00 pm	<b>National Anthem</b>
12:05 pm	<b>3000m Racewalk</b> (13-14GB, 15-16GB, 17-18WM)
12:40 pm	<b>1500m Racewalk</b> (9-10GB, 11-12GB)
1:00 pm	<b>80m Hurdles - Timed Final</b> (11-12GB)
1:15 pm	<b>100m Hurdles - Timed Final</b> (13GB, 14G, 15-16G, 17-18W, 14B)
1:30 pm	<b>110m Hurdles</b> (15-16B, 17-18M)
1:45 pm	<b>400m Dash</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
2:45 pm	<b>4x100m Relay</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
3:00 pm	<b>1500m Run</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
3:45 pm	<b>200m Hurdles</b> (13-14G, 13-14B)

4:00 pm	<b>400m Hurdles</b> (15-16G, 17-18W, 15-16B, 17-18M)
4:15 pm	<b>800m Run</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
5:00 pm	<b>4x400m Relay</b> (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

## Saturday 07.23.2022: Field Events

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

8:00 am	<b>High Jump - Boys followed by Girls</b> (9-10, 11-12, 13-14, 15-16, 17-18)
	<b>Long Jump - Inclusive Athletes (Pit One)</b> (15-16)
8:00 am	<b>Long Jump - Boys (Pit One)</b> (17-18, 15-16, 13-14, 11-12, 9-10, 7-8)
8:00 am	<b>Long Jump - Girls (Pit Two)</b> (17-18, 15-16, 13-14, 11-12, 9-10, 7-8)
8:00 am	<b>Softball Throw - Inclusive Athletes</b> (All Age Groups)
8:30 am	<b>Shot Put - Girls followed by Boys</b> (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)
9:00 am	<b>Pole Vault</b> (13-14, 15-16, 17-18)
10:00 am	<b>Triple Jump - Girls followed by Boys</b> (13-14, 15-16, 17-18)
10:00 am	<b>Discus Boys - Boys followed by Girls</b> (11-12, 13-14, 15-16, 17-18)
11:30 am	<b>Turbo Javelin - Girls followed by Boys</b> (7-8, 9-10, 11-12)
	<b>Turbo Javelin - Inclusive Athletes</b> (15-16)



## 2022 Virginia Commonwealth Games

### Schedule of Events: Open | Master | Inclusive Athletes

#### Sunday 07.24.2022: Running Events

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

7:30 am	<b>5000m Run</b> (All Age Divisions)
8:00 am	<b>50m Dash</b> (60-64, 65-69, 70-74, 75-80, 85-100)  <b>50m Walk - Inclusive Athletes</b> (30-34, 35-39, 40-44)
8:15 am	<b>100m Dash - Timed Final</b> (All Age Divisions)  <b>100m Walk - Inclusive Athletes</b> (30-34, 35-39, 40-44)
9:00 am	<b>3000m Racewalk</b> (All Age Divisions)
9:45 am	<b>80m Hurdles - Timed Final</b> 27" (60-64W, 65-69W, 70-74W, 75-80W, 84-89W)   (80-84M, 85-89M) 30" (40-44W, 45-49W, 50-54W, 55W)   (70-74M, 75M)
10:00 am	<b>100m Hurdles - Timed Final</b> 33" (OpenW, 30-34W, 35-39W)   (60-64M, 65M) 36" (50-54M, 55M)
10:15 am	<b>110m Hurdles</b> 39" (OpenM, 30-34M, 35-39M, 40-44M, 45M)
10:30 am	<b>400m Dash</b> (All Age Divisions)
11:00 am	<b>1500m Run</b> (All Age Divisions)
11:30 am	<b>200m Hurdles</b> 27" (70-74W, 75-79W, 80-84W, 85-89W) 27" (80-84M, 85-89M)

12:00 am	<b>National Anthem</b>
12:15 pm	<b>300m Hurdles</b> 27" (60-64W, 65-69W) 27" (70-74M, 75-79M) 30" (50-54W, 55-59W) 30" (60-64M, 65M)
12:45 pm	<b>400m Hurdles</b> 30" (OpenW, 30-34W, 35-39W, 40-44W, 45-49W) 33" (50-54M, 55M) 36" (OpenM, 30-34M, 35-39M, 40-44M, 45-49M)
1:00 pm	<b>200m Dash</b> (All Age Divisions)
1:30 pm	<b>800m Run</b> (All Age Divisions)
2:00 pm	<b>3000m Run</b> (All Age Divisions)

## Sunday 07.24.2022: Field Events

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

8:00 am	<b>High Jump - Men followed by Women</b> (All Age Divisions)
8:00 am	<b>Long Jump - Men (Pit One)</b> (All Age Divisions)
8:00 am	<b>Long Jump - Women (Pit Two)</b> (All Age Divisions)
8:00 am	<b>Softball Throw - Inclusive Athletes</b> (30-34, 35-39)
8:00 am	<b>Shot Put - Women followed by Men</b> (All Age Divisions)
10:00 am	<b>Discus Boys - Men followed by Women</b> (All Age Divisions)
9:00 am	<b>Pole Vault</b> (All Age Divisions)
10:00 am	<b>Triple Jump - Women followed by Men</b> (All Age Divisions)
10:00 am	<b>Turbo Javelin - Inclusive Athletes</b> (30-34, 35-39)