

**2024 Virginia Commonwealth Games**  
**Schedule of Events: Youth | Adaptive Athletes**

**Saturday 07.20.2024**

**Please Note** – This schedule can run up to 45 minutes ahead at the discretion of Meet Management.

Please plan accordingly.

- 8:00am:** 3000m Run (11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 9:00am:** 200m dash (Adaptive age groups)
- 9:00am:** 200m dash (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 10:00am:** 4x800m Relay (11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 10:15am:** 50m Dash (3-6GB, Adaptive)
- 10:30am:** 100m Dash (Adaptive age groups)
- 10:45am:** 100m Dash (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 11:15am:** 25m Racewalk and Wheelchair (Adaptive age groups)  
100m Racewalk (Adaptive age groups)
- 11:30am:** 1500m Racewalk (9-10GB, 11-12GB)
- 11:50am:** 3000m Racewalk (13-14GB, 15-16GB, 17-18WM)
- 12:25pm:** 80m Hurdles (11-12GB)
- 12:40pm:** 100m Hurdles (13-14GB, 15-16GB, 17-18WM)
- 12:55pm:** 110m Hurdles: (15-16GB, 17-18WM)
- 1:10pm:** 400m Dash (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 1:40pm:** 4x100m Relay (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 2:10pm:** 1500m Run (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)
- 2:40pm:** 200m Hurdles (13-14GB)
- 3:05pm:** 400m Hurdles (15-16GB, 17-18WM)
- 3:45pm:** 4x400m Relay (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

## **Saturday 07.20.2024: Field Events**

**Please Note – 3 attempts in throws and jumps for ages 7-12.**

**4 attempts in throws and jumps for ages 13-18.**

**8:00am:** High Jump (9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

Long Jump – Pit one (Adaptive age groups) (2 attempts only)

**8:00am:** Long Jump – (17-18WM, 15-16GB, 13-14GB, 11-12GB, 9-10GB, 7-8GB)

Softball Throw (Adaptive age groups)

Shot Put (7-8GB, 9-10GB, 11-12GB, 13-14GB, 15-16GB, 17-18WM)

**9:00am:** Pole Vault (13-14GB, 15-16GB, 17-18WM)

**10:00am:** Triple Jump (13-14GB, 15-16GB, 17-18WM)

Discus (11-12GB, 13-14GB, 15-16GB, 17-18WM)

**11:30am:** Turbo Javelin (7-8GB, 9-10GB, 11-12GB, Adaptive age groups)

## 2024 Virginia Commonwealth Games

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

Sunday 07.21.2024

**Please Note – All 27” hurdle races have been eliminated.** This schedule can run up to 30 minutes ahead at the discretion of Meet Management. Please plan accordingly.

#### Running Events:

**8:30am:** 5000m Run (All ages)

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

50m Walk (Adaptive age divisions)

**9:15am:** 100m Dash (All age divisions)

100m Walk (Adaptive age divisions)

**9:45am:** 3000m Racewalk (All age divisions)

**10:00am:** 80m Hurdles

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

**10:15am:** 100m Hurdles

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

**36”** (50-54M, 55M)

**10:35am:** 110m Hurdles

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

**11:00am:** 400m Dash (All age divisions)

**11:20am:** Mixed 4x100m Relay (All age divisions)

**11:40am:** 1500m Run (All age divisions)

**12:00pm:** 400m Hurdles

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

**33”** (50-54M, 55M)

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

**12:20pm:** 200m Dash (All age divisions)

**12:50pm:** 800m Run (All age divisions)

**1:15pm:** 3000m Run (All age divisions)

**Field Events:**

**Please Note** – All athletes competing in field events, will have 4 attempts. NO FINAL

**8:00am:** Long Jump (All age divisions)

Softball Throw (Adaptive age divisions)

Shot Put (All age divisions)

**9:00am:** High Jump (All age divisions)

Pole Vault (All age divisions)

**10:00am:** Discus (All age divisions)

Triple Jump (All age divisions)

Turbo Javelin (Adaptive age divisions)