

2025 Virginia Commonwealth Games
Schedule of Events: Youth | Adaptive Athletes

Saturday 07.19.2025

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: 800m (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)

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 07.19.2025: 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)

2025 Virginia Commonwealth Games

Schedule of Events: Open | Master | Adaptive

Athletes Sunday 07.20.2025

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)

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)