



W&L Track & Field Carnival

Friday & Saturday March 21 & 22

Lexington, Virginia

FINAL MEET SCHEDULE as of 3.18.25

FRIDAY MARCH 21ST:

Field Events:

*Weigh-ins – 9:45-10:30, 2:45-3:30

11:00 am Hammer (w)
12:00 pm Long Jump (m)
12:30 pm High Jump (w)
1:30 pm Hammer (m)
2:15 pm High Jump (m)
3:00 pm Long Jump (w)
4:00 pm Discus (w)

4:00 pm Unseeded 1500m (w) 2 Heats
4:15 pm Unseeded 1500m (m) 3 Heats
4:45 pm Unseeded 5,000m (m)
5:10 pm Invite 1500 (w) 2 Heats
5:25 pm Invite 1500 (m) 2 Heats
5:45 pm Invite 5,000m (w) 1 Heat
6:10 pm Invite 5,000m (m) 1 Heat
6:30 pm 4x400m (w) 1 Heat
6:35 pm 4x400m (m) 2 Heats
6:50 pm 10,000m (w)
7:35 pm 10,000m (m)

SATURDAY MARCH 22ND:

Field Events:

*Weigh-ins – 8:30-9:30

10:00 am Shot Put (m)
10:00 am Javelin (w)
11:30 am Triple Jump (w)
11:00 am Pole Vault (m)
12:30 pm Shot Put (w)
12:30 pm Javelin (m)
1:30 pm Triple Jump (m)
2:00 pm Pole Vault (w)
3:00 pm Discus (m)

Track Events:

11:00 am National Anthem
12:00 pm Kid's 50m (Community Event)
12:30 pm 4x100m (w)
12:35 pm 4x100m (m)
12:45 pm 3k Steeplechase (m)
1:00 pm 3k Steeplechase (w)
1:15 pm 3,000m (w)
1:35 pm 3,000m (m)
2:00 pm 100mH (w)
2:15 pm 110mH (m)
2:25 pm 400m (w)
2:35 pm 400m (m)
2:50 pm 100m (w)
3:00 pm 100m (m)
3:20 pm deadline for DECLARATIONS for the 200m
3:20 pm 800m (w)
3:35 pm 800m (m)
3:55 pm 400H (w)
4:05 pm 400H (m)
4:20 pm 200m (w)
Roll 200m (m)