



W&L Track & Field Carnival

Friday & Saturday March 20 & 21

Lexington, Virginia

TENTATIVE MEET SCHEDULE

FRIDAY MARCH 20TH:

Field Events:

*Weigh-ins – 9:45-10:30, 2:45-3:30

11:00 am	Hammer (w)
12:30 pm	Long Jump (m)
1:00 pm	High Jump (w)
2:00 pm	Hammer (m)
2:45 pm	High Jump (m)
3:30 pm	Long Jump (w)
~4:30 pm	Discus (w) (roll after MHammer)

4:00 pm	Unseeded 1500m (w)
4:15 pm	Unseeded 1500m (m)
4:45 pm	Unseeded 5,000m (w)
5:05 pm	Unseeded 5,000m (m)
5:30 pm	Invite 1500 (w)
5:45 pm	Invite 1500 (m)
6:00 pm	Invite 5,000m (w)
6:25 pm	Invite 5,000m (m)
6:45 pm	4x400m (w)
6:55 pm	4x400m (m)
7:10 pm	10,000m (w)
8:00 pm	10,000m (m)

SATURDAY MARCH 21ST:

Field Events:

*Weigh-ins – 8:30-9:30

10:00 am	Shot Put (m)
10:00 am	Javelin (w)
11:00 am	Pole Vault (m)
11:30 am	Triple Jump (w)
12:15 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) (roll after MJav)

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)
1:20 pm	100mH (w)
1:30 pm	110mH (m)
1:40 pm	400m (w)
1:50 pm	400m (m)
2:05 pm	100m (w)
2:15 pm	100m (m)
2:20 pm	deadline for DECLARATIONS for the 200m
2:25 pm	800m (w)
2:40 pm	800m (m)
3:00 pm	400H (w)
3:10 pm	400H (m)
3:20 pm	200m (w)
Roll	200m (m)

