



# W&L Track & Field Carnival

Friday & Saturday March 20 & 21

Lexington, Virginia

## FINAL MEET SCHEDULE

### FRIDAY MARCH 20TH:

#### Field Events:

\*Weigh-ins – 9:45-10:30, 2:45-3:30

|          |                                 |         |                     |
|----------|---------------------------------|---------|---------------------|
| 11:00 am | Hammer (w)                      | 4:15 pm | Unseeded 5,000m (w) |
| 12:30 pm | Long Jump (m)                   | 4:40 pm | Unseeded 5,000m (m) |
| 1:00 pm  | High Jump (w)                   | 5:00 pm | Unseeded 1500m (w)  |
| 2:00 pm  | Hammer (m)                      | 5:20 pm | Unseeded 1500m (m)  |
| 3:00 pm  | High Jump (m)                   | 5:30 pm | Invite 1500 (w)     |
| 3:30 pm  | Long Jump (w)                   | 5:45 pm | Invite 1500 (m)     |
| ~4:30 pm | Discus (w) (roll after MHammer) | 6:00 pm | Invite 5,000m (w)   |
|          |                                 | 6:25 pm | Invite 5,000m (m)   |
|          |                                 | 6:45 pm | 4x400m (w)          |
|          |                                 | 7:00 pm | 4x400m (m)          |
|          |                                 | 7:15 pm | 10,000m (w)         |
|          |                                 | 8:00 pm | 10,000m (m)         |

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### 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       | <u>National Anthem</u>                        |
| 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)                                      |
| <b>2:30 pm</b> | <b>deadline for DECLARATIONS for the 200m</b> |
| 2:30 pm        | 800m (w)                                      |
| 2:45 pm        | 800m (m)                                      |
| 3:05 pm        | 400H (w)                                      |
| 3:15 pm        | 400H (m)                                      |
| 3:30 pm        | 200m (w)                                      |
| Roll           | 200m (m)                                      |