



**VIRGINIA BEACH SPORTS CENTER, 19TH STREET
VIRGINIA BEACH, VA
JANUARY 7, 2024
TENTATIVE SCHEDULE OF EVENTS**

Sunday, January 7, 2023

Field Events:

10:00 AM	Women's Weight Throw (Men to follow)
10:00 AM	Women's Pole Vault (Men to follow)
11:00 AM	Women's Long Jump (Men to follow)
1:30 PM	Women's Shot Put (Men to follow)
2:00 PM	Women's High Jump (Men to follow)
2:00 PM	Women's Triple Jump (Men to follow)

Running Events:

11:00 AM	Women's 60m Hurdles - Prelims
11:20 AM	Men's 60m Hurdle - Prelims
11:40 AM	Women's 60m - Prelims
11:55 AM	Men's 60m - Prelims
12:10 PM	Women's Mile
12:25 PM	Men's Mile
12:40 PM	Women's 60m Hurdle - Final
12:50 PM	Men's 60m Hurdle - Final
1:00 PM	Women's 60m - Final
1:05 PM	Men's 60m - Final
1:15 PM	Women's 400m - Final
1:30 PM	Men's 400m - Final
1:45 PM	Women's 500m - Final
1:55 PM	Men's 500m - Final
2:05 PM	Women's 800m - Final
2:15 PM	Men's 800m - Final
2:25 PM	Women's 1000m - Final
2:35 PM	Men's 1000m - Final
2:45 PM	Women's 200m - Final
3:05 PM	Men's 200m - Final
3:25 PM	Women's 300m - Final
3:45 PM	Men's 300m - Final
4:05 PM	Women's 3000m - Final
4:20 PM	Men's 3000m - Final
4:35 PM	Women's 4x400m Relay - Final
4:50 PM	Men's 4x400m Relay - Final