



W&L Track & Field Carnival

Friday & Saturday March 22-23

Lexington, Virginia

****FINAL TIME SCHEDULE****

Events Will Roll Ahead if Possible

FRIDAY MARCH 22:

DECATHLON DAY 1 – 100m(11am), Long Jump, Shot Put, High Jump, 400m (each event will begin 30min after conclusion of previous event)
 HEPTATHLON DAY 1 – 100H (9:00am), High Jump, Shot Put, 200m (each event will begin 30min after conclusion of previous event)

Field Events:

*Weigh Ins: 9:15am-10:15pm (on throws field)
 9:40am Hep High Jump
 10:00am Open Discus (w)
 11:00am Women's B Section PV
 11:35am Dec Long Jump
 12:00pm Open Javelin (w)
 12:40pm(est.) Hep Shot Put
 1:00pm Open Long Jump (m)
 1:30pm Open Discus (m)
 1:30pm (est.) Dec Shot Put
 2:00pm (est.) Women's A Sect. PV-begins 45min after B sect
 3:30pm Open Javelin (m)
 3:30pm (est.) Dec High Jump
 4:00pm Open Long Jump (w)
 4:30pm (est.) Men's A Sect. PV-begins 45min after WPV A sect.
 7:00pm (est.) Men's B Sect. PV-begins 45min after A sect

Track Events: *fastest heats run 1st*

9:00am Hep 100mH
 11:00am Dec 100m
 2:40pm(est.) Hep 200m
 4:15pm Kids 100m (*Community Event*)
 4:20pm Youth Mile (*Community Event*)
 4:30pm 4x400m (w) -3 heats
 4:50pm 4x400m (m) -4 heats
 5:15pm 3k Steeplechase (w) -1 heat
 5:35pm 3k Steeplechase (m) -1 heat
 5:50pm 1,500m (w) -5 heats
 6:30pm 1,500m (m) -5 heats
 6:30pm(est.) Dec 400m
 7:05pm 5,000m (w) -2 heats
 8:00pm 5,000m (m) -3 heats
 9:05pm 10,000m (w)
 10:00pm 10,000m (m)

SATURDAY MARCH 23:

DECATHLON DAY 2 – 110H(10am), Discus, Pole Vault, Javelin, 1500m (each event will begin 30min after conclusion of previous event)
 HEPTATHLON DAY 2 – Long Jump(10am), Javelin, 800m (each event will begin 30min after conclusion of previous event)

Field Events:

*Weigh Ins: 7:15am-8:15am (on throws field)
 8:00am Women's Hammer
 8:30am Men's Shot Put
 10:00am Hep Long Jump
 10:00am Men's Triple Jump
 10:00am Women's High Jump
 10:45am(est.) Dec Discus
 11:10am(est.) Hep Javelin
 12:30pm(est.) Dec Pole Vault
 1:00pm Women's Triple Jump
 1:30pm Men's High Jump
 1:45pm Women's Shot Put - to begin 30min after M. SP
 1:00pm Men's Hammer Throw -to begin 30min after Dec Disc.
 3:30pm(est.) Dec Javelin

Track Events: *fastest heats run 1st*

10:00am Dec 110H
 11:00am 4x100m (w)
 11:10am 4x100m (m)
 11:20am 800m (w)
 12:00pm 800m (m)
 12:45pm 100mH (w)
 1:00pm 110mH (m)
 1:15pm 400m (w)
 1:35pm 400m (m)
 1:30pm(est.) Hep 800m
 2:00pm 100m (w)
 2:15pm 100m (m)
 2:35pm 400H (w)
 3:00pm 400H (m)
 3:25pm 200m (w)
 3:55pm 200m (m)
 4:35pm 4x800m (w)
 4:50pm 4x800m (m)
 5:15pm(est.) Dec 1500m

