

VMI Invitational Final Schedule

Friday One Day Meet

Time	Event
9:55 AM	National Anthem
10:00 AM	Men's 5000m
10:40 AM	Women's 5000m
11:20 AM	Men's DMR (4000)
11:40 AM	Women's DMR (4000)
12:00 PM	TRACK CONVERSION
12:05 PM	Men's 60m Qualifying
12:20 PM	Women's 60m Qualifying
12:50 PM	Men's 60mH Prelim
1:15 PM	Women's 60mH Prelim
1:45 PM	Men's 60m Prelim
1:55 PM	Women's 60m Prelim
2:05 PM	TRACK CONVERSION
2:10 PM	Men's Mile
2:35 PM	Women's Mile
3:05 PM	Men's 400m
3:45 PM	Women's 400m
4:30 PM	TRACK CONVERSION
4:35 PM	Men's 60mH Final
4:40 PM	Women's 60mH Final
4:45 PM	Men's 60m Final
4:50 PM	Women's 60m Final
4:55 PM	TRACK CONVERSION



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5:00 PM	Men's 800m
5:20 PM	Women's 800m
5:40 PM	Men's 200m
6:25 PM	Women's 200m
7:20 PM	Men's 3000m
7:45 PM	Women's 3000m
8:10 PM	Men's 4x400 Relay
8:35 PM	Women's 4x400 Relay

Field Events

Time	Event
10:00 AM	Men's Shot Put
10:00 AM	Women's and Men's High Jump Open
~12:30 PM	Women's Shot Put
10:00 AM	Men's Long Jump
10:00 AM	Women's Long Jump
10:00 AM	Women's Pole Vault
1:30 PM	Men's Pole Vault
2:00 PM	Men's Triple Jump
2:00 PM	Women's Triple Jump
2:30 PM	Men Weight
4:30 PM	Women Weight
5:30 PM	Women's and Men's High Jump Invitational

