

COLONIAL RELAYS

April 3rd - April 5th, 2025 | **UPDATED** SCHEDULE OF EVENTS



Thursday Field Events – April 3rd

Time	Event	Gender	Section
3:30 PM	Hammer	Men	<i>Invitational</i>

Friday Running Events – April 4th

Time	Event	Gender	Section
9:20 AM	NATIONAL ANTHEM		
9:30 AM	5,000m	Women	<i>Unseeded</i>
9:55 AM	5,000m	Men	<i>Unseeded</i>
10:35 AM	800m	Women	
10:55 AM	800m	Men	
11:25 AM	100m Hurdles	Women	
11:50 AM	110m Hurdles	Men	
12:05 PM	100m Dash	Women	
12:30 PM	100m Dash	Men	
1:00 PM	400m Hurdles	Women	
1:25 PM	400m Hurdles	Men	
1:45 PM	400m Dash	Women	
2:10 PM	400m Dash	Men	
2:40 PM	200m Dash	Women	
3:10 PM	200m Dash	Men	
	OFFICIALS BREAK		
5:00 PM	3k Steeplechase	Women	
5:20 PM	3k Steeplechase	Men	
5:45 PM	1500m	Women	<i>Unseeded</i>
6:15 PM	1500m	Men	<i>Unseeded</i>
6:45 PM	1500m	Women	<i>Invitational</i>
6:55 PM	1500m	Men	<i>Invitational</i>
7:10 PM	5,000m	Women	<i>Invitational</i>
7:55 PM	5,000m	Men	<i>Invitational</i>
8:30 PM	10,000m	Women	<i>Invitational</i>
9:15 PM	10,000m	Men	<i>Invitational</i>

Friday Field Events – April 4th

Time	Event	Gender	Section
10:00 AM	Long Jump	Women	<i>Invitational</i>
	Hammer	Women	<i>Invitational</i>
12:00 PM	High Jump	Men	<i>Invitational</i>
	Pole Vault	Women	<i>Invitational</i>
1:30 PM	Javelin	Women	<i>Invitational</i>
	Long Jump	Men	<i>Invitational</i>
4:00 PM	Javelin	Men	<i>Invitational</i>

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Saturday Running Events – April 5th

Time	Event	Gender	Section
11:20 AM	NATIONAL ANTHEM		
11:30 AM	100m Hurdles	Women	<i>Invitational</i>
11:45 AM	110m Hurdles	Men	<i>Invitational</i>
12:05 PM	4x100m Relay	Women	
12:20 PM	4x100m Relay	Men	
12:30 PM	SMR (2-2-4-8)	Women	
12:45 PM	SMR (2-2-4-8)	Men	
1:00 PM	4x200m Relay	Women	
1:10 PM	4x200m Relay	Men	
1:20 PM	W&M SENIOR RECOGNITION		
1:45 PM	800m	Women	<i>Invitational</i>
1:55 PM	800m	Men	<i>Invitational</i>
2:05 PM	DMR	Women	
2:20 PM	DMR	Men	
2:35 PM	4x1500m Relay	Women	
3:00 PM	4x1500m Relay	Men	
3:20 PM	4x400m Relay	Women	
3:30 PM	4x400m Relay	Men	

Saturday Field Events – April 5th

Time	Event	Gender	Section	Location
10:00 AM	Discus	Men	<i>Invitational</i>	
10:30 AM	Shot Put	Women	<i>Invitational</i>	
11:00 AM	Triple Jump	Women	<i>Invitational</i>	<i>S Runway</i>
12:00 PM	Pole Vault	Men	<i>Invitational</i>	
1:00 PM	Discus	Women	<i>Invitational</i>	
1:30 PM	Shot Put	Men	<i>Invitational</i>	
	Triple Jump	Men	<i>Invitational</i>	<i>N Runway</i>
	High Jump	Women	<i>Invitational</i>	