



VIRGINIA PREPARATORY LEAGUE LEAGUE OF INDEPENDENT SCHOOLS

TRACK & FIELD CHAMPIONSHIPS



TIME SCHEDULE

9:30 AM	GIRLS SHOT PUT THEN BOYS SHOT PUT BOYS DISCUS THEN GIRLS DISCUS BOYS LONG JUMP AND GIRLS LONG JUMP GIRLS POLE VAULT THEN BOYS POLE VAULT BOYS HIGH JUMP THEN GIRLS HIGH JUMP BOYS TRIPLE JUMP AND GIRLS TRIPLE JUMP (AFTER LONG JUMP)	
11:30 AM	GIRLS 100M HIGH HURDLES	SEMIFINALS
11:40 AM	BOYS 110M HIGH HURDLES	SEMIFINALS
11:50 PM	GIRLS 100M DASH	SEMIFINALS
NOON	BOYS 100M DASH	SEMIFINALS
12:10 AM	GIRLS 4 X 800M RELAY	
12:25 AM	BOYS 4 X 800M RELAY	
12:35 PM	GIRLS 100M HIGH HURDLES	FINALS
12:40 PM	BOYS 110M HIGH HURDLES	FINALS
12:45 PM	GIRLS 100M DASH	FINALS
12:50 PM	BOYS 100M DASH	FINALS
12:55 PM	GIRLS 1600M RUN	
1:05 PM	BOYS 1600M RUN	
1:15 PM	GIRLS 4 X 100M RELAY	
1:20 PM	BOYS 4 X 100M RELAY	
1:30 PM	GIRLS 400M DASH	SECTIONS ON TIME
1:40 PM	BOYS 400M DASH	SECTIONS ON TIME
1:55 PM	GIRLS 300M INTERMEDIATE HURDLES	SECTIONS ON TIME
2:05 PM	BOYS 300M INTERMEDIATE HURDLES	SECTIONS ON TIME
2:15 PM	GIRLS 800M RUN	SECTIONS ON TIME
2:25 PM	BOYS 800M RUN	SECTIONS ON TIME
2:35 PM	GIRLS 200M DASH	SECTIONS ON TIME
2:45 PM	GIRLS 200M DASH	SECTIONS ON TIME
2:55 PM	GIRLS 3200M RUN	
3:10 PM	BOYS 3200M RUN	
3:25 PM	GIRLS 4 X 400M RELAY	
3:30 PM	BOYS 4 X 400M RELAY	