

VIRGINIA PREPARATORY LEAGUE
LEAGUE OF INDEPENDENT SCHOOLS
INDOOR TRACK & FIELD CHAMPIONSHIPS

TIME SCHEDULE

NOON	GIRLS SHOT PUT <i>then</i> BOYS SHOT PUT	
	BOYS LONG JUMP <i>and</i> GIRLS LONG JUMP	<i>TWO PITS</i>
	BOYS HIGH JUMP <i>then</i> GIRLS HIGH JUMP	
	GIRLS POLE VAULT <i>then</i> BOYS POLE VAULT	
	BOYS TRIPLE JUMP <i>and</i> GIRLS TRIPLE JUMP (AFTER LONG JUMP)	
1:30 PM	GIRLS 55M HURDLES	<i>SEMIFINALS</i>
1:40 PM	BOYS 55M HURDLES	<i>SEMIFINALS</i>
1:50 PM	GIRLS 55M DASH	<i>SEMIFINALS</i>
2:00 PM	BOYS 55M DASH	<i>SEMIFINALS</i>
2:10 PM	GIRLS 4 X 800M RELAY	
2:25 PM	BOYS 4 X 800M RELAY	
2:40 PM	GIRLS 55M HURDLES	<i>FINALS</i>
2:45 PM	BOYS 55M HURDLES	<i>FINALS</i>
2:50 PM	GIRLS 55M DASH	<i>FINALS</i>
2:55 PM	BOYS 55M DASH	<i>FINALS</i>
3:00 PM	GIRLS 1600M RUN	
3:10 PM	BOYS 1600M RUN	
3:20 PM	GIRLS 4 X 200M RELAY	
3:25 PM	BOYS 4 X 200M RELAY	
3:30 PM	GIRLS 500M DASH	<i>SECTIONS ON TIME</i>
3:40 PM	BOYS 500M DASH	<i>SECTIONS ON TIME</i>
3:50 PM	GIRLS 1000M RUN	
4:00 PM	BOYS 1000M RUN	
4:10 PM	GIRLS 300M DASH	<i>SECTIONS ON TIME</i>
4:20 PM	BOYS 300M DASH	<i>SECTIONS ON TIME</i>
4:30 PM	GIRLS 3200M RUN	
4:45 PM	BOYS 3200M RUN	
5:00 PM	GIRLS 4 X 400M RELAY	
5:05 PM	BOYS 4 X 400M RELAY	