



Keydet Invitational Virginia Military Institute January 18-19, 2019

The 200 and 400 heats will be fast to slow. 500 meters and longer will run slow to fast.

Friday, January 18

9:00am Heptathlon
9:30am Pentathlon

1:40pm National Anthem
2:00pm Women's 60H Prelims
2:35pm Men's 60H Prelims
2:50pm Men's 60m Prelims
3:15pm Women's 60m Prelims
3:40pm Men's 60H Semi-Final
3:50pm Women's 60H Semi-Final
4:05pm Men's 60m Semi-Final
4:20pm Women's 60m Semi-Final
4:35pm Men's 4X800
4:45pm Women's 4X800
5:00pm Men's 500
5:25pm Women's 500
5:55pm Men's 1000
6:20pm Women's 1000
6:35pm Women's 5000
7:00pm Men's 5000
7:25pm Men's DMR
7:40pm Women's DMR

Friday Field Events:

2:00pm Men's Weight Throw
2:00pm Men's Triple Jump
3:00pm Women's Pole Vault
4:00pm Women's Weight Throw
4:30pm Women's Triple Jump
4:55pm Women's High Jump

Saturday, January 19

8:00am Heptathlon
9:40am National Anthem
10:00am Men's Mile
10:30am Women's Mile
11:00am Women's 60H Finals
11:10am Men's 60H Finals
11:20am Men's 400 Meters
11:50am Women's 400 Meters
12:30pm Men's 60 Final
12:35pm Women's 60 Final
12:40pm Men's 800 Meters
1:05pm Women's 800 Meters
1:30pm Men's 200 Meters
2:05pm Women's 200 Meters
2:45pm Men's 3000 Meters
3:10pm Women's 3000 Meters
3:40pm Men's 4X400 Relay
4:10pm Women's 4X400 Relay

Saturday Field Events:

10:00am Men's Long Jump
10:00am Men's Shot Put
11:00am Men's Pole Vault
12:30pm Women's Long Jump
12:30pm Women's Shot Put
1:10pm Men's High Jump