



Virginia Military Institute Team Challenge January 26, 2019

Saturday, January 26

Track Events:

11:55am National Anthem
12:00pm Women's 5000
12:25pm Men's 5000
12:45pm Men's Distance Medley Relay
1:00pm Women's 60m Dash Prelims (4)
1:10pm Men's 60m Dash Prelims (4)
1:28pm Women's 60H Prelims (2)
1:40pm Women's Mile (2)
1:55pm Men's Mile (1)
2:05pm Women's 60H Finals (1)
2:13pm Men's 60H Finals (1)
2:20pm Women's 60m Dash Finals (1)
2:25pm Men's 60m Dash Finals (1)
2:33pm Women's 400m (7)
2:54pm Men's 400m (5)
3:10pm Women's 800m (2)
3:20pm Men's 800m (2)
3:30pm Women's 200m (~10)
3:55pm Men's 200m (~8)
4:15pm Women's 3000m (2)
4:43pm Men's 3000m (2)
5:05pm Women's 1600m Relay (2)
5:17pm Men's 1600m Relay (2)

Saturday Field Events:

Throws:

11:30am Men's Weight
12:30pm Women's Shot
1:45pm Men's Shot
3:00pm Women's Weight

Jumps:

11:30 Men's Long Jump (backstretch)
12:30 Women's Long Jump (homestretch)
1:30 Men's Triple Jump (backstretch)
2:30 Women's Triple Jump (homestretch)
11:30 Women's Pole Vault (backstretch)
2:00 Men's Pole Vault (homestretch)
3:15 Women's HJ (approach-sprint start)
3:15 Men's HJ (approach-sprint finish)