



Winter Relays
Virginia Military
Institute
February 8-9, 2019

Friday, February 8

2:00pm	Men's DMR
2:10pm	Women's DMR
2:30 pm	Women's 60H Prelims
2:45 pm	Men's 60H Prelims
3:00pm	Men's 60 Prelims
3:15pm	Women's 60 Prelims
3:35pm	Men's 60H Semis
3:45pm	Women's 60H Semis
4:00pm	Men's 60 Semis
4:10pm	Women's 60 Semis
4:20pm	Men's 4X800
4:30pm	Women's 4X800
4:45pm	Men's 400
5:00pm	Women's 400
5:15pm	Men's 1000
5:25pm	Women's 1000
5:40pm	Men's 5000 (2 heats)
6:15pm	Women's 5000 (2 heats)

Friday Field Events:

2:00pm	Men's Weight Throw
2:00pm	Men's TJ (homestretch)
2:00pm	W PV (backstretch)
4:00pm	Women's Weight Throw
4:00pm	W TJ (homestretch)
5:00pm	W HJ (near sprint start)

Saturday, February 9

10:00am	Men's Mile
10:25am	Women's Mile
10:55am	Women's 60H Finals
11:00am	Men's 60H Finals
11:05am	Women's 60 Final
11:10am	Men's 60 Final
11:15am	Men's 500
11:45am	Women's 500
12:20pm	Men's 800
12:40pm	Women's 800
1:05pm	Men's 200
1:35pm	Women's 200
2:10pm	Men's 3000
2:45pm	Women's 3000
3:25pm	Men's 4X400
3:45pm	Women's 4X400

Saturday Field Events:

10:00am	M LJ (backstretch)
10:00am	Men's Shot Put
10:00am	M PV (homestretch)
12:30pm	W LJ (homestretch)
12:30pm	Women's Shot Put
12:30pm	M HJ (near sprint start)