



Winter Relays Virginia Military Institute February 8-9, 2019

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

200 & 4X400 athletes must declare 60 minutes prior to event

Friday, February 8

2:00pm	Men's DMR
2:12pm	Women's DMR
2:30pm	Women's 60H Prelims
2:45pm	Men's 60H Prelims
3:00pm	Men's 60 Prelims
3:17pm	Women's 60 Prelims
3:37pm	Men's 60H Semis
3:49pm	Women's 60H Semis
4:03pm	Men's 60 Semis
4:10pm	Women's 60 Semis
4:20pm	Men's 4X800
4:30pm	Women's 4X800
4:42pm	Men's 400
5:17pm	Women's 400
6:00pm	Men's 1000
6:15pm	Women's 1000
6:30pm	Men's 5000
6:50pm	Women's 5000

Friday Field Events:

2:00pm	Men's Weight Throw
2:00pm	Men's TJ (backstretch)
2:00pm	W PV (homestretch)
3:00pm	Women's Shot Put
4:00pm	W TJ (homestretch)
5:00pm	W HJ (near sprint start)

Saturday, February 9

10:00am	Men's Mile
10:30am	Women's Mile
11:05am	Women's 60H Finals
11:15am	Men's 60H Finals
11:20am	Women's 60 Final
11:25am	Men's 60 Final
11:30am	Men's 500
11:45am	Women's 500
11:55am	Men's 800
12:20pm	Women's 800
12:40pm	Men's 200 (declare by 11:40)
1:15pm	Women's 200 (declare 12:15)
1:55pm	Men's 3000
2:30pm	Women's 3000
3:00pm	Men's 4X4 (declare 2:00)
3:30pm	Women's 4X4 (declare 2:30)

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 Weight Throw
12:30pm	M HJ (near sprint start)