

Winter Relays  
Virginia Military Institute  
February 7-8, 2020



**TENTATIVE SCHEDULE**

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

Friday, February 7

9:00am Heptathlon  
9:30am Pentathlon

1:55pm National Anthem  
2:00pm Women's 60H Prelims  
2:30pm Men's 60H Prelims  
2:50pm Men's 60m Prelims  
3:10pm 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  
6:10pm Women's 1000  
6:30pm Women's 5000  
6:55pm Men's 5000  
7:15pm Men's DMR  
7:30pm 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  
5:15pm Women's High Jump

Saturday, February 8

8:00am Heptathlon

9:55am National Anthem  
10:00am Men's Mile  
10:25am Women's Mile  
11:00am Women's 60H Finals  
11:10am Men's 60H Finals  
11:17am Men's 400 Meters  
11:50am Women's 400 Meters  
12:20pm Men's 60 Final  
12:25pm Women's 60 Final  
12:30pm Men's 800 Meters  
12:55pm Women's 800 Meters  
1:15pm Men's 200 Meters  
1:55pm Women's 200 Meters  
2:35pm Men's 3000 Meters  
3:00pm Women's 3000 Meters  
3:35pm Men's 4X400 Relay  
4:00pm 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