

**Virginia Tech Invitational
January 11-12, 2019
TENTATIVE SCHEDULE**

Friday, January 11, 2019

Start		Field Event
5:00pm	Women	Triple Jump
5:00pm	Men	Triple Jump
5:00pm	Women	Pole Vault - UNSEEDED
5:00pm	Men	Weight Throw
7:00pm	Women	Weight Throw
7:30pm	Men	Pole Vault - UNSEEDED

Start		Running Events
5:00pm	Women	60m Hurdles - Prelim
5:15pm	Men	60m Hurdles - Prelim
5:30pm	Women	60m Dash - Prelim
5:45pm	Men	60m Dash - Prelim
6:05pm	Women	Mile Run
6:20pm	Men	Mile Run
6:40pm	Men	60m Hurdles - Final
6:45pm	Women	60m Hurdles - Final
6:50pm	Men	60m Dash - Final
6:55pm	Women	60m Dash - Final
7:05pm	Women	3000m Run
7:25pm	Men	3000m Run
7:40pm	Women	1000m Run
7:55pm	Men	1000m Run
8:10pm	Women	500m Run
8:30pm	Men	500m Run
8:50pm	Women	300m Run
9:10pm	Men	300m Run

Saturday, January 12, 2019

Start		Field Events
11:00am	Women	High Jump
11:00am	Women	Pole Vault - SEEDED
12:00noon	Men	Shot Put
12:00noon	Women	Long Jump
12:00noon	Men	Long Jump
1:30pm	Men	High Jump
1:30pm	Men	Pole Vault - SEEDED
1:30pm	Women	Shot Put

Start		Running Events
1:00pm	Women	400m Run
1:15pm	Men	400m Run
1:30pm	Women	Distance Medley Relay
1:45pm	Men	Distance Medley Relay
2:00pm	Women	800m Run
2:10pm	Men	800m Run
2:25pm	Women	200m Run
2:45pm	Men	200m Run
3:00pm	Women	5000m Run
3:20pm	Men	5000m Run
3:40pm	Women	4 x 400m Relay
4:00pm	Men	4 x 400m Relay