



2021 Virginia Commonwealth Games

Schedule of Events

Sunday 07.25.2021: Field Events

All athletes competing in the field events, excluding High Jump and Pole Vault, will have 4 attempts; NO FINAL Girls/Women followed by Boys/Men

High Jump

8:00 am (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
9:00 am (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)

Triple Jump - Pit One (Girls/Women)

8:00 am (13-14, 15-16, 17-18)
9:00 am (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)

Triple Jump - Pit Two (Boys/Men)

8:00 am (13-14, 15-16, 17-18)
9:00 am (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)

Shot Put - (Boys/Men)

8:00 am (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
9:00 am (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am (7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

Discus - (Girls/Women)

8:00 am (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
9:00 am (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59)
10:00 am (11-12, 13-14, 15-16, 17-18)

Sunday 07.25.2021: Running Events

Please Note - This schedule can run up to 30 minutes ahead, per Meet Management.
Please plan accordingly.

7:00 am	3000m Run (B11-12, B13-14, B15-16, M17-18, MOpen, M30-34, M35-39, M40-44, M45-49) (M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-100)
8:00 am	100m Dash (B17-18, Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59) (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
8:30 am	300m Hurdles (11-12, 13-14, 15-16 W40-44, 45-49, 50-54, 55-59) (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
9:00 am	400m Hurdles (17-18, Open, M30-34, W35-39)
9:30 am	800m Run (7-8, 9-10, 11-12, 13-14, 15-16, 17-18) (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59) (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
10:15 am	200m Dash (7-8, 9-10, 11-12, 13-14, 15-16, 17-18) (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59) (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)
11:30 am	4x400m Relay (7-8, 9-10, 11-12, 13-14, 15-16, 17-18) (Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59) (60-64, 65-69, 70-74, 75-79, 80-84, 85-100)