



VIRGINIA INDEPENDENT SCHOOLS
ATHLETIC ASSOCIATION
INDOOR TRACK & FIELD CHAMPIONSHIPS



AT ST. CHRISTOPHER'S SCHOOL • FEBRUARY 17, 2024

ROLLING SCHEDULE

11:45	COACHES MEETING AT START LINE	
12:00	GIRLS — LONG JUMP, POLE VAULT	
	BOYS — LONG JUMP, HIGH JUMP, SHOT PUT	
1:00	GIRLS — 55 METER HIGH HURDLES	SEMIFINALS
	BOYS — 55 METER HIGH HURDLES	SEMIFINALS
	GIRLS — 55 METER DASH	SEMIFINALS
	GIRLS — TRIPLE JUMP, HIGH JUMP, SHOT PUT	
	BOYS — TRIPLE JUMP, POLE VAULT	
	BOYS — 55 METER DASH	SEMIFINALS
	GIRLS — 4 X 800 METER RELAY	SECTIONS ON TIME
	BOYS — 4 X 800 METER RELAY	SECTIONS ON TIME
	GIRLS — 55 METER HIGH HURDLES	FINALS
	BOYS — 55 METER HIGH HURDLES	FINALS
	GIRLS — 55 METER DASH	FINALS
	BOYS — 55 METER DASH	FINALS
	GIRLS — 1600 METER RUN	SECTIONS ON TIME
	BOYS — 1600 METER RUN	SECTIONS ON TIME
	GIRLS — 4 X 200 METER RELAY	SECTIONS ON TIME
	BOYS — 4 X 200 METER RELAY	SECTIONS ON TIME
	GIRLS — 500 METER DASH	SECTIONS ON TIME
	BOYS — 500 METER DASH	SECTIONS ON TIME
	GIRLS — 1000 METER RUN	SECTIONS ON TIME
	BOYS — 1000 METER RUN	SECTIONS ON TIME
	GIRLS — 300 METER DASH	SECTIONS ON TIME
	BOYS — 300 METER DASH	SECTIONS ON TIME
	GIRLS — 3200 METER RUN	ONE SECTION
	BOYS — 3200 METER RUN	ONE SECTION
	GIRLS — 4 X 400 METER RELAY	SECTIONS ON TIME
	BOYS — 4 X 400 METER RELAY	SECTIONS ON TIME

PRESENTATION OF AWARDS