

10:15

## VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS



AT ST. CHRISTOPHER'S SCHOOL • FEBRUARY 15, 2025

## TIME SCHEDULE

THE MEET WILL RUN ACCORDING TO THE TIME SCHEDULE AND WILL GET NO FURTHER AHEAD THAN 15 MINUTES UNLESS WEATHER CONDITIONS MAKE IT NECESSARY TO GO TO A ROLLING SCHEDULE. A ROLLING SCHEDULE MEANS THAT EACH EVENT WILL BEGIN AS SOON AS THE PREVIOUS EVENT HAS BEEN COMPLETED.

• TIME SCHEDULE WILL BE ADJUSTED IF NECESSARY BASED ON ENTRIES AND WILL BE COMMUNICATED BY THURSDAY FEBRUARY 13 •

**COACHES MEETING AT START LINE** 

10:15	COACHES MEETING AT START LINE							
10:30	GIRLS —	LONG JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS) POLE VAULT (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY)						
	BOYS — LONG JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JU HIGH JUMP (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY) SHOT PUT (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 THR							
	FOLLOWED BY							
	GIRLS — TRIPLE JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS HIGH JUMP (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY) SHOT PUT (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 THROWS)							
	BOYS — TRIPLE JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS) POLE VAULT (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY)							
11:30	GIRLS — GIRLS —	DIVISION I - 55 METER HURDLES DIVISION II- 55 METER HURDLES	SEMIFINALS TIMED FINALS					
11:40	BOYS —	DIVISION I - 55 METER HURDLES	SEMIFINALS					
	BOYS —	DIVISION II - 55 METER HURDLES	TIMED FINALS					
11:50	GIRLS —	DIVISION I - 55 METER DASH	SEMIFINALS					
	GIRLS —	DIVISION II - 55 METER DASH	TIMED FINALS					
12:00	BOYS —	DIVISION I - 55 METER DASH	SEMIFINALS					
	BOYS —	DIVISION II - 55 METER DASH	TIMED FINALS					
12:10	GIRLS —	DIVISION I – 4 X 800 METER RELAY	SECTIONS ON TIME					
12:25	GIRLS —	DIVISION II – 4 X 800 METER RELAY	SECTIONS ON TIME					
12:40	BOYS —	DIVISION I – 4 X 800 METER RELAY	SECTIONS ON TIME					
12:55	BOYS —	DIVISION II – 4 X 800 METER RELAY	SECTIONS ON TIME					
1:10	GIRLS —	DIVISION I - 55 METER HURDLES	FINALS					
	BOYS —	DIVISION I - 55 METER HURDLES	FINALS					
1:15	GIRLS —	DIVISION I - 55 METER DASH	FINALS					
	BOYS —	DIVISION I - 55 METER DASH	FINALS					
1:20	GIRLS — GIRLS —	DIVISION I - 1600 METER RUN DIVISION II - 1600 METER RUN	SECTIONS ON TIME SECTIONS ON TIME					
1:40	BOYS — BOYS —	DIVISION I - 1600 METER RUN DIVISION II - 1600 METER RUN	SECTIONS ON TIME SECTIONS ON TIME					
2:00	GIRLS — GIRLS —	DIVISION I - 4 X 200 METER RELAY DIVISION II - 4 X 200 METER RELAY	SECTIONS ON TIME SECTIONS ON TIME					

2:20	BOYS	_	DIVISION I - 4 X 200 METER RELAY	SECTIONS ON TIME
	BOYS	_	DIVISION II - 4 X 200 METER RELAY	SECTIONS ON TIME
2:40	GIRLS	_	DIVISION I - 500 METER DASH	SECTIONS ON TIME
	GIRLS	_	DIVISION II - 500 METER DASH	SECTIONS ON TIME
3:00	BOYS	_	DIVISION I - 500 METER DASH	SECTIONS ON TIME
	BOYS	_	DIVISION II - 500 METER DASH	SECTIONS ON TIME
3:20	GIRLS	_	DIVISION I - 1000 METER RUN	SECTIONS ON TIME
	GIRLS	_	DIVISION II - 1000 METER RUN	SECTIONS ON TIME
3:40	BOYS	_	DIVISION I - 1000 METER RUN	SECTIONS ON TIME
	BOYS	_	DIVISION II - 1000 METER RUN	SECTIONS ON TIME
4:00	GIRLS	_	DIVISION I - 300 METER DASH	SECTIONS ON TIME
	GIRLS	_	DIVISION II - 300 METER DASH	SECTIONS ON TIME
4:20	BOYS	_	DIVISION I - 300 METER DASH	SECTIONS ON TIME
	BOYS	_	DIVISION II - 300 METER DASH	SECTIONS ON TIME
4:40	GIRLS	_	DIVISION I - 3200 METER RUN	SECTIONS ON TIME
	GIRLS	_	DIVISION II - 3200 METER RUN	SECTIONS ON TIME
5:15	BOYS	_	DIVISION I - 3200 METER RUN	SECTIONS ON TIME
	BOYS	_	DIVISION II - 3200 METER RUN	SECTIONS ON TIME
5:50	GIRLS	_	DIVISION I - 4 X 400 METER RELAY	SECTIONS ON TIME
	GIRLS	_	DIVISION II - 4 X 400 METER RELAY	SECTIONS ON TIME
6:10	BOYS	_	DIVISION I - 4 X 400 METER RELAY	SECTIONS ON TIME
	BOYS	_	DIVISION II - 4 X 400 METER RELAY	SECTIONS ON TIME

