

# 2024 VHSL CLASS 5 REGION B OUTDOOR TRACK & FIELD CHAMPIONSHIPS

May 16-17, 2024

John B. Todd Stadium

12465 Warwick Blvd, Newport News, VA 23606

## MEET SCHEDULE

**Thursday, May 16, 2024**

11:00 AM STADIUM GATES OPEN / PACKET PICK-UP  
12:00 PM Coaches Meeting / Certification of field event implements

### FIELD EVENTS

12:30 PM Boys Shot Put, followed by Girls  
Girls High Jump, followed by Boys  
Girls Discus, followed by Boys  
Boys/Girls Triple Jump  
Girls/Boys Pole Vault

### RUNNING EVENTS (*Girls, then Boys*)

03:30 PM 4 x 800 meter relay  
04:30 PM 100 meter high hurdles (Semifinals)  
110 meter high hurdles (Semifinals)  
100 meter dash (Semifinals)  
200 meter dash (Semifinals)

**Friday, May 17, 2024**

08:00 AM STADIUM GATES OPEN / PACKET PICK-UP  
08:30 AM Certification of Field Event implements

### FIELD EVENTS

09:30 AM Boys /Girls Long Jump  
11:50 AM *NATIONAL ANTHEM*

### RUNNING EVENTS (*Girls, then Boys*)

12:00 PM 100/110 meter high hurdles (Finals)  
100 meter dash (Finals)  
1600 meter run  
4 x 100 meter relay  
400 meter dash  
300 meter intermediate hurdles  
800 meter Run  
200 meter dash (Finals)  
3200 meter run  
4 x 400 meter relay

### **TEAM AWARDS**