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VIRGINIA INDEPENDENT SCHOOLS  
ATHLETIC ASSOCIATION  
TRACK & FIELD CHAMPIONSHIPS

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FORK UNION MILITARY ACADEMY • FRIDAY, MAY 15, 2026

# DIVISION II

**ORDER OF EVENTS – GIRLS FOLLOWED BY BOYS**

10:15AM REPORT ALL SCRATCHES TO THE OFFICIALS AT THE FINISH LINE (FIELD EVENTS SCRATCHES CAN BE DONE AT THE FIELD EVENT)

10:45AM COACH'S MEETING (1 COACH FROM EACH TEAM)

11:00AM GIRLS — LONG JUMP, POLE VAULT, DISCUS

11:00AM BOYS — LONG JUMP, SHOT PUT, HIGH JUMP

**FOLLOWED BY**

GIRLS —TRIPLE JUMP, SHOT PUT, HIGH JUMP

BOYS —TRIPLE JUMP, DISCUS, POLE VAULT

**ORDER OF RUNNING EVENTS – GIRLS FOLLOWED BY BOYS**

1:00 100 METER HURDLES – SEMIFINALS

110 METER HIGH HURDLES – SEMIFINALS

1:15 100 METER DASH SEMIFINALS

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1:25 4 X 800 METER RELAY (SECTIONS ON TIME)

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2:00 100 METER HURDLES FINALS

110 METER HIGH HURDLES FINALS

2:10 100 METER DASH FINALS

100 METER DASH FINALS

2:15 1600 METER RUN (SECTIONS ON TIME)

1600 METER RUN (SECTIONS ON TIME)

2:40 4 X 100 METER RELAY (SECTIONS ON TIME)

4 X 100 METER RELAY (SECTIONS ON TIME)

2:55 400 METER RUN (SECTIONS ON TIME)

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3:10 300 METER INTERMEDIATE HURDLES (SECTIONS ON TIME)

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3:20 800 METER SECTIONS (SECTIONS ON TIME)

800 METER SECTIONS (SECTIONS ON TIME)

3:30 200 METER DASH (SECTIONS ON TIME)

200 METER DASH (SECTIONS ON TIME)

3:40 3200 METER RUN

3200 METER RUN

4:05 4 X 400 METER RELAY (SECTIONS ON TIME)

4 X 400 METER RELAY (SECTIONS ON TIME)