

**Capital Regional Track and Field Meet  
Wednesday May 23  
Coaches/Officials Meeting 9:30-9:45**

***Track Events (with approximate times)***

|         |              |             |                        |
|---------|--------------|-------------|------------------------|
| 10:00am | 80m hurdles  | Semi-Finals | JG, IG, SG             |
| 10:30am | 100m hurdles | Semi-Finals | JB, IB, SB             |
| 11:00am | 80m hurdles  | Finals      | JG, IG, SG             |
| 11:15am | 100m hurdles | Finals      | JB, IB, SB             |
| 11:45am | 400m         | Semi-Finals | JG, JB, IG, IB, SG, SB |
| 12:45pm | 100m         | Semi-Finals | JG, JB, IG, IB, SG, SB |
| 1:30pm  | 1500m        | Finals      | JG, JB, IG, IB, SG, SB |
| 2:30pm  | 100m         | Finals      | JG, JB, IG, IB, SG, SB |
| 3:00pm  | 400m         | Finals      | JG, JB, IG, IB, SG, SB |

***Field Events***

|             | <u>10:00</u> | <u>12:00</u> | <u>2:00</u> |
|-------------|--------------|--------------|-------------|
| Long Jump   | IB (10:30)   | JB           | SB          |
| High Jump   | JG           | IG           | SG          |
| Triple Jump | IG (10:30)   | SG           | JG          |
| Shot Put    | JB           | SB           | IB          |
| Discus      | SG           | JG           | IG          |
| Javelin     | SB           | IB           | JB          |

***Special Athletes (different order than Districts)***

|         |           |  |
|---------|-----------|--|
| 10:00am | Long Jump | Junior High (long jump pit) & Senior High (triple jump pit)      |
| 10:45am | 100m      | Junior High and Senior High (far side near main shot put circle) |
| 11:30am | Shot Put  | Junior High (high jump area) & Senior High (main shot circle)    |

***Special Athletes in wheelchairs (did not need to pre-qualify at districts)***

|         |     |  |
|---------|-----|--|
| 11:00am | 35m | All classes (far side near main shot put circle) |
|---------|-----|--|

**Capital Regional Track and Field Meet  
Thursday May 24  
Coaches/Officials Meeting 9:30-9:45**

***Track Events (with approximate times)***

|         |             |             |                                      |
|---------|-------------|-------------|--------------------------------------|
| 10:00am | 200 meter   | Semi-Finals | JG, JB, IG, IB, SG, SB, ParaG, ParaB |
| 10:45am | 800 meter   | Finals      | JG, JB, IG, IB, SG, SB, ParaG, ParaB |
| 11:30am | 4x100 Relay | Finals      | JG, JB, IG, IB, SG, SB               |
| 12:15pm | 200 meter   | Finals      | JG, JB, IG, IB, SG, SB               |
| 12:45pm | 3000 meter  | Finals      | JG, JB, IG, IB, SG, SB               |
| 2:15pm  | 4x400 meter | Finals      | JG, JB, IG, IB, SG, SB               |

***Field Events***

|             | <u>10:00</u> | <u>12:00</u> | <u>2:00</u> |
|-------------|--------------|--------------|-------------|
| Long Jump   | IG           | JG           | SG          |
| High Jump   | SB           | JB           | IB          |
| Triple Jump | JB           | IB           | SB          |
| Shot Put*   | JG           | SG           | IG          |
| Discus      | IB           | SB           | JB          |
| Javelin     | SG           | IG           | JG          |

\*ParaG/ParaB Shot Put will take place at 11:45