

**Capital DISTRICT Meet Schedule DAY 1**  
**Coaches/Officials Meeting 9:30-9:45**

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

10:00am	100m /50m	Timed Finals	Special Athletes/Wheelchair (far side)
10:00am	80m Hurdles	Timed Finals	JG, IG, SG (main side)
10:30am	100m Hurdles	Timed Finals	JB, IB, SB (main side)
11:15am	400m	Timed Finals	JG, JB, IG, IB, SG, SB
1:15pm	100m	Heats	JG, JB, IG, IB, SG, SB
3:30pm	1500m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	100m	Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:30</u>	<u>3:00</u>
Long Jump	IB	*JB (1pm)	SB
High Jump	JG	IG	SG
Triple Jump	IG	SG	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

***Special Athletes***

**100m (meet on track near long jump pit)**

**10:00am Junior Girls and Junior Boys**

**10:30am Senior Girls and Senior Boys**

**Shot Put (meet in grassy area between high jump and triple jump pit)**

**10:30am (After 100m) Junior Girls (Pit 1) and Junior Boys (Pit 2)**

**11:15am (After 100m) Senior Girls (Pit 1) and Senior Boys (Pit 2)**

**Long Jump (we will use triple and long jump pits as they become available)**

**11:30ish Junior Girls and Junior Boys**

**12:00ish Senior Girls and Senior Boys**

**Capital DISTRICT Meet Schedule DAY 2**  
**Coaches/Officials Meeting 9:30-9:45**

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

10:00am	200m	Heats	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:45am	800m	Timed Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
1:15pm	4x100m	Timed Finals	JG, JB, IG, IB, SG, SB
2:30pm	200m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	3000m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	4x400m	Timed Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:30</u>	<u>3:00</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

\*Para shot put will follow SG Shot Put (approximately 1:15pm)