

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

Track Events (approximate times)

10:00am	100m /50m	Timed Finals	Supported Athletes/Wheelchair (far side of the track)
10:00am	Hurdles	Timed Finals	JG 80m, JB 80m, IG 80m, IB 100m, SG 100m, SB 110m
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	SB
Triple Jump	IG	SG (1pm)	JG
High Jump	JG	IG	SG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

Supported Athletes

100m (meet on track near the shot put circle)

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)***