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

	Hack E		unicoj				
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*	JG				
High Jump	JG	IG	SG				
Shot Put	JB	SB	IB				
Discus	SG	JG	IG				
Javelin	SB	IB	JB				

*May be slightly delayed due to numbers in supported athletes

Supported Athletes

100m (meet on the track near the shot put circle) 10:00am Junior Girls then Junior Boys 10:30am Senior Girls then 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) 11:00am (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) 11:15ish Junior Girls and Junior Boys 11:45ish Senior Girls and Senior Boys

Track Events (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)