

**Capital Regional Track and Field Meet
Day 1 Wednesday May 22
Coaches/Officials Meeting 9:30-9:45**

Track Events (with approximate times)

10:00am	80m Hurdles	Semi-Finals	JG, JB, IG
10:30am	100m hurdles	Semi-Finals	IB, SG
10:50am	110m hurdles	Semi-Finals	SB
11:00am	80m Hurdles	Finals	JG, JB, IG
11:15am	100m hurdles	Finals	IB, SG
11:25am	110m hurdles	Finals	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

(Any semi final with only 8 athletes will be run as the final during the semi final timeframes)

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

Supported 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)

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

11:00am	50m	All classes (far side near main shot put circle)
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**Capital Regional Track and Field Meet
Day 2 Thursday May 23
Coaches/Officials Meeting 9:30-9:45**

<i>Track Events (with approximate times)</i>			
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10:00am	200 meter	Semi-Finals	JG, JB, IG, IB, SG, SB, Para
10:45am	800 meter	Finals	JG, JB, IG, IB, SG, SB,
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

(Any semi final with only 8 athletes will be run as the final during the semi final timeframes)

<i>Field Events</i>			
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	<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