

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*	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

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

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)***