

**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 (right After 100m) Junior Girls and Junior Boys**

**11:00am (right After 100m) Senior Girls and Senior Boys**

**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)**