

**Capital DISTRICT Meet Schedule
DAY 1**

Track Events (with very approximate times)

9:45am	80m Hurdles	Timed Finals	JG, IG, SG
10:15am	100m Hurdles	Timed Finals	JB, IB, SB
11:15am	400m	Timed Finals	JG, JB, IG, IB, SG, SB
1:15pm	100m	Heats	JG/IB=far side IG/IB/SG/SB=main side
3:00pm	1500m	Timed Finals	JG, JB, IG, IB, SG, SB
4:30pm	100m	Finals	JG, JB, IG, IB, SG, SB

Field Events (**events may be delayed)

	<u>10:30</u>	<u>12:30</u>	<u>2:30</u>
Long Jump	IB	JB***	SB
High Jump	JG	IG	SG
Triple Jump	IG	SG***	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB

Special Athletes

10:00am	100m	Senior then Junior (<i>on track near main Shotput circle</i>)
10:30am	Shot Put	Senior and Junior (<i>infield near High Jump area</i>)
11:30am	Long Jump	Senior (<i>Triple Jump Pit</i>) and Junior (<i>Long Jump pit</i>)

Wheelchair Athletes

10:30am	50m	All (<i>on track near blue shipping container</i>)
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**Capital DISTRICT Meet Schedule
DAY 2**

Track Events (with approximate times)

9:45am	200m	Heats	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:45am	800m	Timed Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
1:00pm	4x100m	Timed Finals	JG, JB, IG, IB, SG, SB
2:15pm	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>10:30</u>	<u>12:30</u>	<u>1:30</u>	<u>2:30</u>
Long Jump	IG	JG	----	SG
High Jump	SB	JB	----	IB
Triple Jump	JB	IB	----	SB
Shot Put	JG	SG	ParaG/ParaB	IG
Discus	IB	SB	----	JB
Javelin	SG	IG	----	JG