

**Capital Regional Meet Schedule 2017**  
**DAY 1 Wednesday May 24**

***Track Events (begin at 9:45am)***

**Morning**

80m / 100m Hurdles	Heats*	JG, IG, SG / JB, IB, SB
80m / 100m Hurdles	Finals*	JG, IG, SG / JB, IB, SB
400m	Heats*	JG, JB, IG, IB, SG, SB

**Afternoon**

100m	Heats*	JG, JB, IG, IB, SG, SB
1500m	Finals	JG, JB, IG, IB, SG, SB
100m	Finals*	JG, JB, IG, IB, SG, SB
400m	Finals*	JG, JB, IG, IB, SG, SB

\*If we have only one heat, it will be the final. Two or more heats will be run as heats and then a final.

***Field Events***

	<u>10:00</u>	<u>11:30</u>	<u>12:30</u>	<u>3:00</u>
Long Jump	IB	---	JB (1:30)	SB
High Jump	JG	---	IG	SG
Triple Jump	IG	---	SG (1:30)	JG
Shot Put	JB	---	SB	IB
Discus	SG	---	JG	IG
Javelin	SB	---	IB	JB
Pole Vault	---	IG/SG/IB/SB	---	---

***Special Athletes***

10:00am	100m	Senior Girls then Senior Boys then Junior boys (on track near Long Jump pit)
10:30am	Shot Put	Senior Girls & Junior Boys - Pit 1 (infield near High Jump) Senior Boys - Pit 2 (infield near High Jump)
12:00am	Long Jump	Senior Girls & Junior Boys - Long Jump Pit (near Javelin) Senior Boys - Triple Jump Pit (near High Jump)

**Capital Regional Meet Schedule 2017**  
**DAY 2 Thursday May 25**

***Track Events (begin at 9:45am)***

**Morning**

200m	Heats*	JG, JB, IG, IB, SG, SB, ParaG, ParaB
800m	Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
4x100m	Finals	JG, JB, IG, IB, SG, SB

**Afternoon**

200m	Finals*	JG, JB, IG, IB, SG, SB
3000m	Finals	JG, JB, IG, IB, SG, SB
4x400m	Finals	JG, JB, IG, IB, SG, SB

\*If we have only one heat, it will be the final. Two or more heats will be run as heats and then finals.

***Field Events***

	<u>10:00</u>	<u>12:30</u>	<u>1:00</u>	<u>3:00</u>
Long Jump	IG	JG	----	SG
High Jump	SB	JB	----	IB
Triple Jump	JB	IB	----	SB
Shot Put	JG	ParaG/Para B	SG	IG
Discus	IB	SB	----	JB
Javelin	SG	IG	----	JG