

**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	---	<i>JB (1:30)</i>	SB
High Jump	JG	---	IG	SG
Triple Jump	IG	---	<i>SG (1:30)</i>	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 <i>(on track near Long Jump pit)</i>
10:30am	Shot Put	Senior Girls & Junior Boys - Pit 1 <i>(infield near High Jump)</i> Senior Boys - Pit 2 <i>(infield near High Jump)</i>
12:00am	Long Jump	Senior Girls & Junior Boys - Long Jump Pit <i>(near Javelin)</i> Senior Boys - Triple Jump Pit <i>(near High Jump)</i>

**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