



## SPEED CAPITAL TRACK COMMISSION

PACKET PICK UP	COACHES MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
Friday: 4PM – 8PM @ Host Hotel Saturday @ Track 7AM-1PM	Zoom Meeting Thursday night @ 9PM	Saturday 7AM/8:15AM	First call 7:45AM 8:30AM Session 2 be at the Track by 12 Noon	First Call 8:15AM 9:00AM Session 2 be at the Track by 12 Noon

### SESSION 1 12 & UNDER STARTING AT 8:30AM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
1500M (TF)	GIRLS/BOYS	9-12	HIGH JUMP	GIRLS/BOYS	9-12
60M HURDLES (TF)	GIRLS/BOYS	11-12	LONG JUMP	GIRLS/BOYS	6U-12
60M DASH (TF)	GIRLS/BOYS	6U-12	SHOT PUT	GIRLS/BOYS	12-7
4x200 RELAY (TF)	GIRLS/BOYS	7-12			
400M (TF)	GIRLS/BOYS	6U-12			
1500 RW	GIRLS/BOYS	9-12			
800M (TF)	GIRLS/BOYS	7-12			
200	GIRLS/BOYS	6U-12			

### SESSION 2 13 & UP BE IN THE STADIUM BY 12PM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
1500M (TF)	GIRLS/BOYS	13-18	HIGH JUMP	GIRLS/BOYS	13-18
60M HURDLES (TF)	GIRLS BOYS/GIRLS BOYS	13-14 13/14B-15/18G 15/16B-17/18B	LONG JUMP	BOYS/GIRLS	18-13
60M DASH(TF)	GIRLS/BOYS	13-18	SHOT PUT	GIRLS/BOYS	13-18
4X200 RELAY (TF)	GIRLS/BOYS	13-18			
400M (TF)	GIRLS/BOYS	13-18			
3000 RW (TF)	GIRLS/BOYS	13-18			
800M (TF)	GIRLS/BOYS	13-18			
200M	GIRLS/BOYS	13-18			

**\*Long Jump and Shot put will be contested with 4 Attempts.**

**\*\*\*\*\* DISTANCE RACES WILL BE COMBINED AGE GROUPS & GENDER \*\*\*\*\***