



SPEED CAPITAL TRACK COMMISSION

PACKET PICK UP	COACHES MEETING	TRACK OPEN/CLOSES	FIELD EVENTS	RUNNING EVENTS
At the Track 4pm -8pm Saturday: 6:45am-2pm @ The Track Sunday 7-10am	Zoom Meeting Thursday night @ 9:00pm	Saturday 6:45AM-8:15AM	First call 7:45AM 8:30AM First Call 2 nd Session 2 Be at the track by 12:30pm	First Call 7:45AM 8:30 AM First Call 2 nd Session Be at the track by 12:30pm

SATURDAY AM SESSION 12 & UNDER STARTING AT 8:30AM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
1500M (TF)	GIRLS/BOYS	7-12	HIGH JUMP	GIRLS/BOYS	9-12
80M HURDLES (F)	GIRLS/BOYS	11-12	LONG JUMP	GIRLS/BOYS	6U-12
100M (SF)	GIRLS/BOYS	6U-12	SHOT PUT	GIRLS/BOYS	12-7
1500M RW (TF)	GIRLS/BOYS	7-12			
4X100M RELAY (TF)	GIRLS/BOYS	7-12			
800 (TF)	GIRLS/BOYS	7-12			
200 (SF)	GIRLS/BOYS	6U-12			

SATURDAY PM SESSION 13 & UP BE AT THE TRACK BY 12:30PM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
1500M (TF)	GIRLS/BOYS	13-OPEN	HIGH JUMP	GIRLS/BOYS	13-18
100M HURDLES (TF)	GIRLS BOYS/GIRLS	13/14G 13/14B-15/18G	LONG JUMP	GIRLS/BOYS	18-13
110M HURDLES (TF)	BOYS	15-16B 17-18B	SHOT PUT	GIRLS /BOYS	13-18
100M (SF)	GIRLS/BOYS	13-18	JAVELIN	GIRLS/BOYS	18--13
3000M RW (TF)	GIRLS/BOYS	13-18			
4X100M (TF)	GIRLS/BOYS	13-18			
800M (TF)	GIRLS/BOYS	13-18			
200M (SF)	GIRLS/BOYS	13-18			

Horizontal Jumps and All Throws will be contested with 4 Attempts.** DISTANCE RACES WILL BE COMBINED AGE GROUPS AND GENDER*******



SPEED CAPITAL TRACK COMMISSION

SUNDAY 6U-18 FIRST CALL 7:45AM FIELD START 8:30 FIRST CALL 7:45AM RUNNING START TIME 8:30AM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
3000M (TF)	GIRLS/BOYS	11-18	DISC	GIRLS/BOYS	11-18
55M (TF)	GIRLS/BOYS	6U	TURBO JAVELIN	GIRLS/BOYS	7-12
100M (FINALS)	GIRLS/BOYS	18-6U	TRIPLE JUMP	GIRLS/BOYS	13-18
400M (TF)	GIRLS/BOYS	18-6U			
200M HURDLES (TF)	GIRLS/BOYS	13-14			
400M HURDLES (TF)	GIRLS/BOYS	15-18			
200M (FINALS)	GIRLS/BOYS	6U-18			
4X400M (TF)	GIRLS/BOYS	9-18			

THE 100 FINALS AND 400M RUN WILL BE RAN IN REVERSE ORDER STARTING WITH 18-6U

***Horizontal Jumps and All Throw will be contested with 4 Attempts.**

******* FYI DISTANCE RACES WILL BE COMBINED AGE GROUPS AND GENDER*******