Speed Capital Track Commission 2024 NY Indoor Showcase Schedule

*“Parents |Athletes | Coaches | Clubs”*

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| Packet Pickup | Coaches Zoom Meeting | | Track Opens/Closes | Field Events | | Running Events |
| Sunday 7AM | Thursday before event at 9:00pm | | Sunday  Opens: 7:30 am  Closes at 8:45 am | Sunday  First Call: 8:30am  Starts: 9:00am | | Sunday  First Call: 8:30am  Start: 9:00am |
| Sunday Running Events | | Gender | | | Age | | |
| 1500M *(Timed Final)* | | Girls/Boys | | | 7 – 18 Years old | | |
| 60M Hurdles *(Timed Final)* | | Girls/Boys | | | 11 – OPEN | | |
| 60M Dash *(Timed Final)* | | Girls/Boys | | | 6U – OPEN | | |
| 400M Dash *(Timed Final)* | | Girls/Boys | | | 8U-0PEN | | |
| 300M Dash *(Timed Final)* | | Girls/Boys | | | OPEN | | |
| 4x200M Relay *(Timed Final)* | | Girls/Boys | | | 7 – 18 Years old | | |
| 3000m Run *(Timed Final)* | | Girls/Boys | | | 11-OPEN | | |
| 800M *(Timed Final)* | | Girls/Boys | | | 8U – OPEN | | |
| 200M *(Timed Final)* | | Girls/Boys | | | 6U – OPEN | | |
| Sunday Field Events | | Gender | | | Age | | |
| High Jump | | Girls/Boys | | | 9 – OPEN | | |
| Long Jump | | Girls/Boys | | | 6U – 12 Year old | | |
| Shot Put | | Girls/Boys | | | OPEN – 7 Years old | | |

Long Jump and Shot Put will be contested with 3 attempts.

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