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 |  SundayOpens: 7:30 amCloses at 8:45 am | SundayFirst Call: 8:30amStarts: 9:00am | SundayFirst Call: 8:30amStart: 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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