



2025

SHOWCASE SCHEDULE

Speed Capital Track Commission

Proudly Serving Our "Parents | Athletes | Coaches | Clubs"

PACKET PICKUP	COACHES ZOOM MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
Saturday 6:45AM	Thursday before event at 9:00pm	Saturday Opens: 7:00 am Closes at 8:30am	Saturday First Call: 7:30am Starts: 8:00am	Saturday First Call: 8:30am Start: 9:00am
SATURDAY RUNNING EVENTS		GENDER	AGES	
1500M (Timed Final)		Girls/Boys	7 – 18 Years old	
100M Dash (Semi- Finals)		Girls/Boys	6U-OPEN	
80M (Timed Final)		Girls/Boys	11 – 12	
100M (Timed Final)		Girls/Boys	13-18 Girls /13-14 Boys	
110M Hurdles (Timed Final)		Boys	15-18	
400M Dash		Girls/Boys	7 – OPEN	
55M Dash		Girls/Boys	6 &Under	
4x100M Relay (Timed Final)		Girls/Boys	7 – 18 Years old	
3000M (Timed Final)		Girls/Boys	11-18	
100M Showcase		Girls/Boys	6U-18	
200M Hurdles		Girls/Boys	13-14	
800M		Girls/Boys	7-18	
200M Dash		Girls/Boys	6U-OPEN	
SATURDAY FIELD EVENTS		GENDER	AGES	
High Jump		Girls/Boys	9 – 18	
Long Jump		Girls/Boys	6U – 18	
Discus		Girls/Boys	11-OPEN	
Shot Put		Girls/Boys	OPEN – 7	
Turbo Javelin		Girls/Boys	7-12	
Javelin (To Follow Turbo-Javelin)		Girls/Boys	13-18	

FIELD EVENTS WILL BE CONTESTED WITH 3 ATTEMPTS

WE WILL COMBINE AGE GROUPS & GENDER FOR DISTANCE RACES