

Capital City Classic

Warm Up area will be behind the softball field. I WANT TO KEEP THE INFIELD CLEAR UNLESS YOU ARE PARTICIPATING IN THE FIELD EVENTS OR GETTING READY TO RUN.

There will be designated coaches' boxes by the field events in the infield.

Remind athletes that there should be **NO electronics** in the competition area.

IMPLEMENT WEIGH-IN WILL BE AT 9:00AM BY THE CONCESSION STANDS

There will be minimums for each of the field events.

Tentative Field Event Minimums

MEET SCHEDULE

9:30 am Coaches Meeting

10:00 am 4x800 Relay

10:00 am Field Events

10:00 am Girls Javelin, Boys Discus followed by Boys Javelin and Girls Discus

10:00 am Girls Long Jump, Boys Long Jump followed by Triple Jump

10:00 am Girls Pole Vault followed by Boys Pole Vault

10:00 am Girls High Jump followed by Boys High Jump

SHOT PUT WILL FOLLOW THE COMPLETION OF JAVELIN AND DISCUS. GIRLS SHOT PUT FOLLOWED BY BOYS SHOT PUT

10:40 Senior Recognition

11:00 am Open 1600

11:30 am Open 3200

12:00 pm Finals ROLLING SCHEDULE

High Hurdles

100m Dash

1600m Invitational **(Top 20 entries)**

4x100m Relay

400m Dash

400m Intermediate Hurdles

800m Run

200m Dash

3200m Run Invitational **(Top 20 entries)**

4x400m Relay

	Girls	Boys
Discus	15.00 meters	26.00 meters
Shot Put	6.5 meters	10.5 meters
Javelin	20.00 meters	25.00 meters
Long Jump	4.00 meters	5.40 meters
Triple Jump	8.00 meters	10.70 meters
High Jump	1.17 meters	1.57 meters
Pole Vault	1.85 meters	2.3 meters