

**Capital Regional Track and Field Championship  
Wednesday May 24**

***Track Events (with approximate times)***

10:00am	80m hurdles	Semi-Finals	JG, IG, SG
10:30am	100m hurdles	Semi-Finals	JB, IB, SB
11:00am	80m hurdles	Finals	JG, IG, SG
11:15am	100m hurdles	Finals	JB, IB, SB
11:45am	400m	Semi-Finals	JG, JB, IG, IB, SG, SB
12:45pm	100m	Semi-Finals	JG, JB, IG, IB, SG, SB
1:30pm	1500m	Finals	JG, JB, IG, IB, SG, SB
2:30pm	100m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	400m	Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:00</u>	<u>2:00</u>
Long Jump	IB***	JB	SB
High Jump	JG	IG	SG
Triple Jump	IG***	SG	JG
Shot Put	JB	SB	IB
Discus	SG	JG	IG
Javelin	SB	IB	JB
Pole Vault	11:30 for all classes/entrants		

\*\*\*will be close to on time but will follow special athlete jump events that begin at 9:45am

***Special Athletes (different order than Districts)***

9:45am	Long Jump	Junior High (long jump pit) & Senior High (triple jump pit)
10:30am	100m	Junior High and Senior High (far side near main shot put circle)
11:15am	Shot Put	Junior High (high jump area) & Senior High (main shot circle)

**Capital Regional Track and Field Meet  
Thursday May 25**

***Track Events (with approximate times)***

10:00am	200 meter	Semi-Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
10:45am	800 meter	Finals	JG, JB, IG, IB, SG, SB, ParaG, ParaB
11:30am	4x100 Relay	Finals	JG, JB, IG, IB, SG, SB
12:15pm	200 meter	Finals	JG, JB, IG, IB, SG, SB
12:45pm	3000 meter	Finals	JG, JB, IG, IB, SG, SB
2:15pm	4x400 meter	Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:00</u>	<u>12:00</u>	<u>1:00</u>	<u>2:00</u>
Long Jump	IG	JG	----	SG
High Jump	SB	JB	----	IB
Triple Jump	JB	IB	----	SB
Shot Put	JG	SG	ParaG/ParaB	IG
Discus	IB	SB	----	JB
Javelin	SG	IG	----	JG