

CAPITAL CITY INVITATIONAL TRACK MEET

( APRIL 15, 2017 )

EQUIPMENT WEIGH IN: 8:00 – 8:30 am In the gym

ALL RUNNING EVENTS WILL BE GIRLS FIRST THEN BOYS AND SLOW TO FAST HEATS

9:15 am 3200 m RUN GIRLS (NAOMI BOONE MEMORIAL) THEN BOYS  
4 X 100 RELAY - CHARLIE "COCOA" MAXWELL MEMORIAL (BOYS)  
100 HURDLES – SERENA HOUSER MEMORIAL  
110m HURDLES  
100 m DASH  
SPECIAL OLYMPICS 100m DASH  
1600 RUN - MARGIE WURST MEMORIAL  
4 X 200 RELAY  
400 m DASH  
300 m HURDLES  
800 m RUN  
1600 MEDLEY  
200 m DASH  
4 X 400 RELAY  
WEIGHT MAN/WOMEN RELAY  
COACHES' RELAY

FIELD EVENT SCHEDULE

8:30 – GIRLS POLE VAULT/ BOYS WHEN GIRLS ARE DONE

9:00 - GIRLS DISCUS – BOYS WHEN GIRLS ARE DONE (GIRLS 60' BOYS 80' )

BOYS HIGH JUMP (STARTING 5' 0") / GIRLS – SUSAN LANPHERE MEMORIAL (4' 2") WILL FOLLOW

BOYS SHOT PUT ( 30' SCRATCH LINE)

GIRLS LONG JUMP (JUMPING ENDS AT 10:30) ( 12' SCRATCH LINE)

BOYS TRIPLE JUMP ( 32' SCRATCH LINE)

10:45 – GIRLS SHOT ( 20' SCRATCH LINE)

GIRLS JAVELIN (LEFT FIELD OF BASEBALL FIELD) BOYS AS SOON AS GIRLS ARE DONE  
( GIRLS 70' BOYS 90' SCRATCH LINES)

GIRLS TRIPLE JUMP ( 25' SCRATCH LINE)

BOYS LONG JUMP ( 16' SCRATCH LINE)