

MEET INFORMATION
CAPITAL UNIVERSITY HIGH SCHOOL MEET SUNDAY, JAN 27, 2019

Entry fee is \$20 per individual. Maximum for any boys OR girls team is \$300. Combined total will not exceed \$600. Make checks payable to "CAPITAL UNIVERSITY TRACK AND FIELD." Entry fees are based on entries and not participation. **There will be no refunds. Fees are calculated on your registered athletes as of the Tuesday-because the meet is now closed at 5:00 pm. You are responsible for "no shows" or scratches once registration closes.**

- **NOTE - Any team that enters a meet and does not pay their entry fee, regardless of attendance, will not be allowed to participate in future meets until payment is made. Also, your athletics director will be contacted for payment.**

❖ **Coaches/individuals should pay their entry fee upon arrival. If entering as a team you must pay as a team.**

- ❖ **Note: All High School Meets will go on as scheduled no matter what the weather situation is on the day of competition. Only a government official declaring a state of emergency would cancel the meet.**

There will be a coaches meeting at each meet 30 minutes prior to the start of the running events

- ❖ ¼" spikes will be permitted.
- ❖ Athletic training services will NOT be available. Basic first aid will be available.
- ❖ **FINISH LYNX/HY-TEK TIMING WILL BE USED. Results will be posted at the completion of each event and online at the conclusion of the meet.**
- ❖ THE 200-meter track is a 6 lane IFS-2000 SRI Sport-molded Floor. We have an in-ground cement throwing ring and a wooden throwing ring for shot (girls on one and boys on the other). The high jump is on the infield. The pole vault is track surface on the far right of the track. We will utilize both long and triple jump runways. There are boards on both runways for those events.
- ❖ Weigh-ins will start 75 minutes before the first field event and close 15 minutes prior to the start of the shot put and weight throw.
- ❖ There will be a concession stand open in the main lobby
- ❖ DIRECTIONS - http://www.capital.edu/Directions_to_Athletic_Facilities/

ANY QUESTIONS, PLEASE CALL Hannah Weiss AT 614-236-6919 (W) OR E-MAIL AT hweiss2@capital.edu

	Event	Round
7:30 AM	Facility Opens for Meet	
8:30 AM	#3 Women Pole Vault Men to Follow	Finals
	Women's PV will start at 8.5ft (max capacity of 12 entries, will not adjust day of meet)	
	Men's PV will start at 9.5ft (max capacity of 12 entries, will not adjust day of meet)	
9:00 AM	#0 Men's Weight Throw Women to Follow	Finals
10:00 AM	#1 Men High Jump Women to Follow	Finals
10:00 AM	#5 Women Long Jump (triple (#7) to follow)	Finals
10:00 AM	#6 Men Long Jump (triple (#8) to follow)	Finals
10:00 AM	#10 Men Shot Women to Follow (following WT)	Finals

	Event	Round *EVENTS WILL ROLL AHEAD OF SCHEDULE IF POSSIBLE*
1:00PM	#13 Women 4x800m Relay	Finals
1:10 PM	#14 Men 4x800m Relay	Finals
1:20 PM	#17 Women 55 Meter Hurdles	Prelims
1:40 PM	#18 Men 55 Meter Hurdles	Prelims
2:00 PM	#19 Women 55 Meter Dash	Prelims
2:20 PM	#20 Men 55 Meter Dash	Prelims
2:40 PM	#21 Women 4x200m Meter Relay	Finals
2:50 PM	#22 Men 4x200 Meter Relay	Finals
3:00 PM	#23 Women 1 Mile Run	Finals
3:15 PM	#24 Men 1 Mile Run	Finals
3:30 PM	#18 Men 55 Meter Hurdles	Finals
3:40 PM	#17 Women 55 Meter Hurdles	Finals
3:50 PM	#25 Women 400 Meter Dash	Finals
4:10 PM	#26 Men 400 Meter Dash	Finals
4:20 PM	#19 Women 55 Meter Dash	Finals
4:30 PM	#20 Men 55 Meter Dash	Finals
4:40 PM	#29 Women 800 Meter Run	Finals
4:50 PM	#30 Men 800 Meter Run	Finals
5:00 PM	#33 Women 200 Meter Dash	Finals
5:25 PM	#34 Men 200 Meter Dash	Finals
5:45 PM	#35 Women 3200 Meter Run	Finals
6:05 PM	#36 Men 3200 Meter Run	Finals
6:20 PM	#37 Women 4x400 Meter Relay	Finals
6:30 PM	#38 Men 4x400 Meter Relay	Finals
6:40 PM	End Time on the Track	

- ❖ CHECKING-IN – Athletes in running events must check-in 60 minutes prior to the start of their event at the clerk's table (Calls will be made over the PA system). Athletes in field events must check-in at their respective events 30 minutes prior to the start of the event after paying entry fee.

**55 METER DASH/HURDLES SEMIS (TOP 12 TO FINALS, 2 SECTIONS)
LONG JUMP (MEN & WOMEN, 2 PITS, 3 ATTEMPTS, TOP 9 TO FINALS)
TRIPLE JUMP (MEN & WOMEN, 2 PITS, 3 ATTEMPTS, TOP 9 TO FINALS)
TRIPLE JUMP WILL START 20 MINUTES AFTER THE LONG JUMP.
SHOT PUT/ WEIGHT THROW (3 ATTEMPTS, TOP 9 TO FINALS)**

200 METER PARTICIPANTS WILL BE RESEED & MUST CHECK-IN 1 HOUR BEFORE THE START OF THE 200'S