

**Capital DISTRICT Meet Schedule  
DAY 1**

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

9:45am	80m Hurdles	Timed Finals	JG, IG, SG
10:15am	100m Hurdles	Timed Finals	JB, IB, SB
11:15am	400m	Timed Finals	JG, JB, IG, IB, SG, SB
1:15pm	100m	Heats	JG/JB=far side IG/IB/SG/SB=main side
3:00pm	1500m	Timed Finals	JG, JB, IG, IB, SG, SB
4:30pm	100m	Finals	JG, JB, IG, IB, SG, SB

***Field Events (\*\*events will be delayed)***

	<u>10:30</u>	<u>12:30</u>	<u>2:30</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

***Special Athletes***

10:00am	100m	Senior then Junior ( <i>on track near main Shotput circle</i> )
11:00am	Shot Put	Senior then Junior ( <i>infield near High Jump area</i> )
12:00noon	Long Jump	Senior ( <i>Triple Jump Pit</i> ) and Junior ( <i>Long Jump pit</i> )

***Wheelchair Athletes***

10:30am 35m All (on track near main blue shipping container)  
**Capital DISTRICT Meet Schedule**  
**DAY 2**

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

9:45am	200m	Heats	JG, JB, IG, IB, SG, SB
11:45am	800m	Timed Finals	JG, JB, IG, IB, SG, SB
1:00pm	4x100m	Timed Finals	JG, JB, IG, IB, SG, SB
2:15pm	200m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	3000m	Timed Finals	JG, JB, IG, IB, SG, SB
5:00pm	4x400m	Timed Finals	JG, JB, IG, IB, SG, SB

***Field Events***

	<u>10:30</u>	<u>12:30</u>	<u>2:30</u>
Long Jump	IG	JG	SG
High Jump	SB	JB	IB
Triple Jump	JB	IB	SB
Shot Put	JG	SG	IG
Discus	IB	SB	JB
Javelin	SG	IG	JG