

## Capital Invitational Meet Schedule

Running event heats are run slow to fast

### Friday 3/20 Field Events

Pole Vault	Girls	2:30
Long Jump	Girls	2:30
Long Jump	Boys	2:30
High Jump	Boys	2:30
Shot Put	Girls	3:00
Discus	Boys	3:00
Triple Jump	Girls	4:30
Triple Jump	Boys	4:30
Pole Vault	Boys	5:00
High Jump	Girls	5:00
Discus	Girls	5:00
Shot Put	Boys	5:00

### Friday 3/20 Track Events

300 Hurdles	Girls	4:30	Heat 1	
		4:34	Heat 2	
		4:38	Heat 3	
		4:42	Heat 4	
	Boys	4:50	Heat 1	
		4:54	Heat 2	
		4:58	Heat 3	
400 Hurdles	Women	5:08	Heat 1	
	Men	5:12	Heat 1	
SMR	Girls	5:20	Heat 1	
		5:25	Heat 2	
200	Boys	5:30	Heat 1	
		Girls	5:40	Heat 1
			5:44	Heat 2
			5:48	Heat 3
			5:52	Heat 4
			5:56	Heat 5
	6:00		Heat 6	
	Boys	6:04	Heat 1	
		6:08	Heat 2	
		6:12	Heat 3	
		6:16	Heat 4	
		6:20	Heat 5	
6:24		Heat 6		
Women	6:28	Heat 1		
	6:32	Heat 2		
Men	6:36	Heat 1		
	6:40	Heat 2		

### Saturday 3/20 Track Events

4 x 100	Girls	10:30	Heat 1	
		10:34	Heat 2	
	Boys	10:38	Heat 1	
		10:42	Heat 2	
	Women	10:46	Heat 1	
		Men	10:50	Heat 1
100 Hurdles	Girls	11:00	Heat 1	
		11:04	Heat 2	
		11:08	Heat 3	
	Women	11:12	Heat 1	
	110 Hurdles	Boys	11:20	Heat 1
			11:24	Heat 2
Men		11:28	Heat 1	
400	Girls	11:35	Heat 1	
		11:39	Heat 2	
		11:43	Heat 3	
		11:47	Heat 4	
		11:51	Heat 5	
	Boys	11:55	Heat 1	
		11:59	Heat 2	
		12:03	Heat 3	
		12:07	Heat 4	
	Women	12:11	Heat 1	
	100	Men	12:15	Heat 1
		Girls	12:19	Heat 1
12:23			Heat 2	
12:27			Heat 3	
12:31			Heat 4	
12:35			Heat 5	
12:39			Heat 6	
12:43			Heat 7	
Boys		12:47	Heat 1	
		12:51	Heat 2	
		12:55	Heat 3	
		12:59	Heat 4	
		1:03	Heat 5	
	1:07	Heat 6		
4 x 200	Women	1:11	Heat 7	
		1:15	Heat 1	
		Men	1:16	Heat 1
	Boys	1:20	Heat 2	
		1:25	Heat 1	
		1:30	Heat 1	
4 x 400	Girls	1:40	Heat 1	
	Boys	1:45	Heat 1	
	Women	1:50	Heat 1	