

CAPITAL INVITATIONAL
Sprint and Field Meet
Hosted by McClatchy High School and
Sacramento City College
SACRAMENTO CITY COLLEGE
(Hughes Stadium)
Friday, March 20, 2026
Saturday, March 21, 2026

Coaches,

Here is the Final Meet Information for the Capital Invitational.

Parking: School Buses/Vans will park behind the North Parking Structure. Spectators can park in the parking structure.

Entry for Athletes/Coaches: All athletes and coaches will enter in the North End tunnel to pick up your meet packet/wrist bands and payment if you have not paid yet in advance.

Entry for Spectators: Entry will be on the west (campus) side of Hughes Stadium. Entry fee will be \$5.00, kids 5 and under are free.

Team Tents: All Team Tents must be at the top of the stadium. NO TEAM TENTS in front of the any part of the Press Box. There is plenty of space around the 20,000 seat stadium to put your TEAM TENT at the top of the Hughes Stadium.

NO TEAM TENTS in the grass warm up area or in the Long/Triple/Pole Vault area of competition.

Warm-up Area: Running events: Warm up area for running events will take place in the South Field behind scoreboard.

There will be **NO WARM UP** in the infield of the stadium.

Field Events: Athletes will be able to warm up on the event site 30 minutes prior to the start of the event.

NO COACHES/STAFF will be allowed in the warm up area.

Event Check In: The Clerk of the course will be located in the South Warm Up field. Athletes must check in 30 minutes prior to the start of their events. Once an athlete has checked in, he/she is asked to remain in the clerking area and will be escorted out to the track and to the starting line of their running event.

NO WARM UP ON THE MAIN STADIUM FIELD!!!!

Field Events will check in at the site of the events. Only one flight will be allowed on the infield. Once the first flight is done then the 2nd flight will be allowed to come onto the field for their warm up/competition.

COACHES: All Coaches are NOT to be in the GRASS WARM UP area. All coaches are to remain in the stands, or behind the fencing around the Jumps area. All coaches are not to be on the main field at any time during competition.

Shot Put, Discus events the coaches are to remain in the stands. There is plenty of area to coach from the stands. High Jump Coaches are to remain behind the fence.

:

Weigh-Ins: High School Field Events: Friday, March 20, 2026 from 1:00pm till 4:00pm.
College Field Events: Saturday, March 21, 2026 from 9:00am – 11:00am

Meet Referee: Phil Leake

Clerks: Mike Bower, Rhonda Colvin

Running Referee: Jim Manha

Field Referee: Teddy Hayes

Starters: Cori Evans, John Busto, Mike Brown, Tom McGuire

Timing & Results: Red Cap Timing

Announcer: Tom Lingel

Athletic Trainer: Meghan Yamamoto (McClatchy High School) will be located in the South East of the stadium, next to the flag pole.

Coaches meeting will take place at 3:00pm prior to the running events on Friday and 10:00 am on Saturday at the finish line.

Rules of Competition:

High School: CIF Rules and Policies will be followed.

Restrooms: There will be restrooms available on both sides of Hughes Stadium.

Starting Heights: will be determined by the Meet Field Referee

Concessions: Will be available on both days and Food Trucks as well