



SPEED CAPITAL TRACK COMMISSION

PACKET PICK UP	COACHES MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
Saturday @6:30AM	Zoom Meeting Thursday night @ 9PM	Saturday 6:45AM/7:45AM	First call 8:00AM 8:30AM	First Call 8:00AM 8:30AM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
1500M (TF)	GIRLS/BOYS	7-18	HIGH JUMP	GIRLS/BOYS	9-18
80M HURDLES	GIRLS/BOYS	11-12	LONG JUMP	GIRLS/BOYS	18-6U
100M HURDLES	GIRLS	13-14	SHOT PUT	GIRLS/BOYS	7-18
110M HURDLES	BOYS/GIRLS	13/14B-15/18G	TURBO JAVELIN	GIRLS/BOYS	12-7
	BOYS	15/16B-17/18B			
100M DASH(TF)	GIRLS/BOYS	6U-18			
55M (TF)	GIRLS/BOYS	6U			
400M(TF)	GIRLS/BOYS	7-18			
4X100 RELAY (TF)	GIRLS/BOYS	9-18			
3000M (TF)	GIRLS/BOYS	11-18			
800M (TF)	GIRLS/BOYS	7-18			
200M (TF)	GIRLS/BOYS	6U-18			

***Long Jump, Turbo Javelin and Shot put will be contested with 3 Attempts.**

******* DISTANCE RACES WILL BE COMBINED AGE GROUPS & GENDER*******