

FRIDAY, February 15, 2019
CAPITAL UNIVERSITY INDOOR MEET
RICK MEINDL LAST CALL

- ENTRY FEE IS \$400 FOR BOTH GENDERS - \$200 PER GENDER PER SCHOOL, OR, \$25 PER PERSON, UP TO 8 INDIVIDUALS. MAKE CHECKS PAYABLE TO "CAPITAL UNIVERSITY TRACK AND FIELD."
- UNLIMITED ENTRIES FOR ALL EVENTS.
- ¼" SPIKES WILL BE PERMITTED.
- **NO FOOD WILL BE PERMITTED ANY COMPETITION AREA**
- **TEAM CAMPS WILL BE ASSIGNED TO EACH TEAM – NO TEAM CAMPS ON THE INFIELD OF THE TRACK OR BLEACHERS – NO EXCEPTIONS**
- **NO HEAD PHONES SHALL BE WORN IN COMPETITION AREA**
- LOCKER ROOMS AND SHOWERS WILL BE AVAILABLE.
- **FINISH LYNX TIMING/HY-TEK SCORING WILL BE USED. Wingman Timing, LLC will provide Automatic Timing and Results. Results will be posted at the completion of each event online @ wingmantiming.com and upon conclusion of the meet on Direct Athletics.**
- MEET ENTRIES WILL BE DONE USING **DIRECT ATHLETICS** AT www.directathletics.com. E-mail Hannah Weiss at hweiss2@capital.edu to be invited to the meet.
- THE 200 METER TRACK IS A 6 LANE IFS-2000 SRI SPORTS MOLDED FLOOR. WE HAVE AN IN-GROUND CEMENT THROWING RING FOR SHOT PUT and WEIGHT. HIGH JUMP IS ON THE INFIELD. WE WILL UTILIZE BOTH LJ/TJ RUNWAYS. THERE ARE BOARDS ON BOTH RUNWAYS FOR BOTH EVENTS.
- WEIGH-INS WILL BE FRIDAY FROM 2pm – 3:30pm FOR 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/

60 METER DASH/ HURDLES SEMIS (TOP 8 TO FINALS, 2 SECTIONS)
LONG JUMP (MEN & WOMEN, 1 PIT, 3 prelim attempts, 8 to finals) with TJ to follow
SHOT PUT AND WEIGHT THROW (3 prelim attempts, 8 to finals)

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****THE SCHEDULE WILL ROLL UP TO 15 MINUTES AHEAD****

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	Event	Round
3:00 PM	Men Pole Vault Women to follow	Finals
3:00 PM	Men Long Jump followed by Women Long Jump with Men's Triple then Women's Triple	
4:00 PM	Men Shot Put Women to follow	Finals
	Women's Weight Men to follow	Finals
4:00 PM	Men High Jump Women to follow	Finals

	Event	Round
4:30 PM	Men 5k Run	Finals
4:55 PM	Women 4x200 Meter Relay	Finals
5:00 PM	Men 4x200 Meter Relay	Finals
5:10 PM	Women 60 Meter Hurdles	Prelims
5:20 PM	Men 60 Meter Hurdles	Prelims
5:30 PM	Women 60 Meter Dash	Prelims
5:40 PM	Men 60 Meter Dash	Prelims
5:50 PM	Women 1 Mile Run	Finals
6:00 PM	Men 1 Mile Run	Finals
6:10 PM	Women 60 Meter Hurdles	Finals
6:20 PM	Men 60 Meter Hurdles	Finals
6:30 PM	Women 400 Meter Dash	Finals
6:40 PM	Men 400 Meter Dash	Finals
6:50 PM	Women 500 Meter Dash	Finals
6:55 PM	Men 500 Meter Dash	Finals
7:05 PM	Women 60 Meter Dash	Finals
7:15 PM	Men 60 Meter Dash	Finals
7:25 PM	Women 1k Meter Run	Finals
7:30 PM	Women 800 Meter Run	Finals
7:40 PM	Men 800 Meter Run	Finals
7:50 PM	Women 200 Meter Dash	Finals
8:10 PM	Men 200 Meter Dash	Finals
8:30 PM	Women 3000 Meter Run	Finals
8:50 PM	Men 3000 Meter Run	Finals
9:05 PM	Women 4x400 Meter Relay	Finals
9:10 PM	Men 4x400 Meter Relay	Finals