

SUNDAY, FEBRUARY 21, 2021
CAPITAL UNIVERSITY INDOOR MEET
RICK MEINDL LAST CALL

ENTRY FEE IS \$600 FOR BOTH GENDERS - \$300 PER GENDER PER SCHOOL. MAKE CHECKS PAYABLE TO "CAPITAL UNIVERSITY TRACK AND FIELD."

UNLIMITED ENTRIES FOR ALL EVENTS. – FACILITY PERMITTING

¼" SPIKES WILL BE PERMITTED.

NO FOOD WILL BE PERMITTED IN THE COMPETITION AREA – MUST STAY IN TEAM CAMPS

TEAM CAMPS WILL BE ASSIGNED TO EACH TEAM – NO TEAM CAMPS ON THE INFIELD OF THE TRACK – NO EXCEPTIONS

NO HEAD PHONES SHALL BE WORN IN COMPETITION AREA

WEIGH-INS WILL BE FROM Noon – 10:30am-11am FOR THE SHOT PUT AND WEIGHT THROW

LONG JUMP (MEN & WOMEN, 1 PIT, 3 prelim attempts, 9 to finals) with TJ to follow
SHOT PUT AND WEIGHT THROW (3 prelim attempts, 9 to finals)

FINISH LYNX/HY-TEK TIMING/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.

THE 200 METER TRACK IS A 6 LANE IFS-2000 SRI SPORTS MOLDED FLOOR. WE HAVE AN MOBILE WOODEN THROWS RING FOR SHOT PUT and WEIGHT. HIGH JUMP IS ON THE INFIELD.

Official schedule will be posted after entries are completed

****THE SCHEDULE WILL NOT ROLL****

9:30 AM Facility Opens

FIELD EVENTS

11:00 AM Men's Pole Vault women to follow Finals (will run to the side)

11:00 AM Women's Weight with Men to follow Finals (women's shot to follow then men)

11:00 AM Women's Long Jump with Men to follow, Finals followed by Triple Jump Finals

11:00 AM Men High Jump Women to follow Finals

RUNNING EVENTS

1:00 PM	Men's 4x200m
1:05 PM	Men's 5k Finals
1:25 PM	Women 1 Mile Run Finals
1:35 PM	Men 1 Mile Run Finals
1:45 PM	Women 60 Meter Hurdles Finals
1:55 PM	Men 60 Meter Hurdles Finals
2:05 PM	Men 500 Meter Dash Finals
2:10 PM	Women 400 Meter Dash Finals
2:15 PM	Men 400 Meter Dash Finals
2:20 PM	Women 60 Meter Dash Finals
2:25 PM	Men 60 Meter Dash Finals
2:30 PM	Men 1k Run Finals
2:35 PM	Women 800 Meter Run Finals
2:40 PM	Men 800 Meter Run Finals
2:45 PM	Women 200 Meter Dash Finals
2:55 PM	Men 200 Meter Dash Finals
3:05 PM	Women 3000 Meter Run Finals
3:20 PM	Men 3000 Meter Run Finals
3:35 PM	Men 4x400 Meter Relay Finals
3:40 PM	End time on Track