

**SUNDAY, JANUARY 31, 2021  
CAPITAL UNIVERSITY INDOOR MEET  
JESSICA STARKS QUAD**

- 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.
- 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 – NO EXCEPTIONS**
- **NO HEAD PHONES SHALL BE WORN IN COMPETITION AREA**
- **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](http://wingmantiming.com) and upon conclusion of the meet on Direct Athletics.**
- MEET ENTRIES WILL BE DONE USING **DIRECT ATHLETICS** AT [www.directathletics.com](http://www.directathletics.com). E-mail Hannah Weiss at [hweiss2@capital.edu](mailto: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 MOBILE WOODEN THROWS RING FOR SHOT PUT and WEIGHT. HIGH JUMP IS ON THE INFIELD.
- WEIGH-INS WILL BE FROM 10:30am-11am FOR THE SHOT PUT AND WEIGHT THROW
- DIRECTIONS - [http://www.capital.edu/Directions to Athletic Facilities/](http://www.capital.edu/Directions%20to%20Athletic%20Facilities/)

**60 METER DASH/ HURDLES SEMIS (TOP 8 TO FINALS, 2 SECTIONS)  
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)**

**Official schedule will be posted after entries are completed \*\*THE SCHEDULE WILL NOT ROLL\*\***

	<b>Event</b>	<b>Round</b>
9:30 AM	Facility Opens	
11:00 AM	Men's Pole Vault Men 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, followed by Triple Jump	Finals Finals
Noon	Men High Jump Women to follow	Finals
	<b>Event</b>	<b>Round</b>
1:00 PM	Women's 5k	Finals
	Men's 5k	Finals
	Women 60 Meter Hurdles	Prelims
	Men 60 Meter Hurdles	Prelims
	Women 60 Meter Dash	Prelims
	Men 60 Meter Dash	Prelims
	Women 1 Mile Run	Finals
	Men 1 Mile Run	Finals
	Women 60 Meter Hurdles	Finals
	Men 60 Meter Hurdles	Finals
	Women 500 Meter Dash	Finals
	Men 500 Meter Dash	Finals
	Women 400 Meter Dash	Finals
	Men 400 Meter Dash	Finals

Women 60 Meter Dash	Finals
Men 60 Meter Dash	Finals
Women 1k Run	Finals
Men 1k Run	Finals
Women 800 Meter Run	Finals
Men 800 Meter Run	Finals
Women 200 Meter Dash	Finals
Men 200 Meter Dash	Finals
Women 3000 Meter Run	Finals
Men 3000 Meter Run	Finals
Women 4x400 Meter Relay	Finals
Men 4x400 Meter Relay	Finals