

SUNDAY, FEBRUARY 28, 2021
CAPITAL UNIVERSITY INDOOR MEET
OAC TUNE UP
CAPITAL, MUSKINGUM, MARIETTA, WILMINGTON

NO FOOD WILL BE PERMITTED ANY COMPETITION AREA – MUST STAY IN TEAM CAMP 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

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.

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****
While it's not expected if women's pole vault is still going on at 2pm we will pause the track until it's completed and roll the schedule until we get back on. If it appears this will happen we will announce a new 60H start time at 1:40pm.

9:30 AM Facility Opens

FIELD EVENTS

11:00 AM Men Pole Vault women to follow

11:00 AM Women Weight with Men to follow, followed by Shot

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

11:00 AM Men High Jump Finals with Women to follow

RUNNING EVENTS

1:40 PM

Women 4x200m

1:45 PM

Men 4x200m

1:50 PM

Men 1 Mile Run Finals

2:00 PM

Women 60 Meter Hurdles Finals

2:10 PM	Men 60 Meter Hurdles Finals
2:20 PM	Men 500 Meter Dash Finals
2:25 PM	Women 400 Meter Dash Finals
2:30 PM	Men 400 Meter Dash Finals
2:40 PM	Women 60 Meter Dash Finals
2:45 PM	Men 60 Meter Dash Finals
2:50 PM	Women 1k Run Finals
2:55 PM	Men 1k Run Finals
3:00 PM	Men 800 Meter Run Finals
3:05 PM	Women 200 Meter Dash Finals
3:10 PM	Men 200 Meter Dash Finals
3:20 PM	Women 3000 Meter Run Finals
3:35 PM	Men 3000 Meter Run Finals
3:50 PM	Women 4x400 Meter Relay Finals
3:55 PM	Men 4x400 Meter Relay Finals
4:00 PM	End of Meet