



Saturday, January 8th, 2022

Capital HS Indoor Meet

Comets HS Open

Entry Fee: \$600 per school, \$300 per gender per school. If team does not meet 12 athletes' participation, it will be \$25 per individual (**Check Payable to "Capital University Track and Field"**). Unattached athletes please email BT Pham at bpham@capital.edu

Meet Entries: Entries will be done through MileSplit.com Unlimited Entries for all events – Facility Permitting.

Registration Window: Wednesday, December 1st @ 12 pm – Wednesday, January 5th @ 11 pm.

Registration requires the Password **Comets2022 to Register.**

Changes/Additions: Must be Made prior to Registration Window Closing. Please login and submit any changes by the time the window closes, as to avoid issues with seeding.

Timing: 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 wingmantiming.com and milesplit.com

Team Camps: Will be assigned to each team – located in basketball arena. **NO SPIKES ALLOWED**. No team camps allowed in competition area. **NO FOOD INSIDE THE CAPITAL CENTER** – Facilities will open at 11:00AM

Competition Area: NO headphones allowed in the competition area. Warm up area will be designated inside the track.

Throws: Weigh Will be from 11:00AM – 12:30PM (Shot and Weight). Mobile wooden throws ring. 3 prelim attempts, 9 to finals - 3 finals attempts

Jumps: High Jump and Pole Vault on infield (opening height will be determine by entries). Long Jump and Triple Jump on North and South Pit (3 attempts for prelims, 9 to finals – 3 attempts in finals)

Track: 6 lanes IFS-2000 SRI Sports Molded Surface 200-meter flat track – 6 lane 60 meter straight. ONLY ¼" Spikes will be permitted – Spikes check at check in.

Spectator Tickets MUST be bought in advance online:

<https://athletics.capital.edu/sports/2021/8/12/capital-online-ticketing.aspx>

Any questions please contact Head Coach / Meet Director BT Pham at bpham@capital.edu

Meet Schedule

Field Events: 1:00PM

- High Jump (Girls followed by Boys)
- Pole Vault (Boys followed by Girls)
- Long Jump (2 Pits; Triple Jump to follow)
- Shot Put (Boys followed by Girls)
- Weight Throw (at the conclusion of Shot Put; Boys followed by Girls)

Running Events: 3:00PM

Girls followed by boys

Rolling Schedule

- 4x800m Relay
- 60m Hurdles Prelims (12 to finals)
- 60m Dash Prelims (12 to finals)
- 400m
- 1600m
- 60m Hurdles Finals (2 Heats)
- 60m Dash Finals (2 Heats)
- 800m
- 4x200m Relay
- 200m
- 3,200m
- 4x400m Relay