

**Capital University**  
**2023 Capital HS Invitational #2**  
**Capital Center – 2360 E. Mound St Columbus, Ohio 43209**  
**January 29<sup>th</sup>, 2023**

**Entry Fee:** \$600 per school, \$300 per gender per school. If a team does not meet 12 athletes' participation, it will be \$25 per individual (**Check Payable to "Capital University Track and Field"**).

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

**Registration Window:** Thursday, January 1<sup>st</sup> @ 8 am – Thursday, January 26<sup>th</sup> @ 8:00 pm. **Changes/Additions: Must be Made before Registration Window Closing. Please login and submit any changes by the window closes 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 after each event online @ [wingmantiming.com](http://wingmantiming.com) and upon conclusion of the meet on [wingmantiming.com](http://wingmantiming.com) and [milesplit.com](http://milesplit.com).

**Team Camps:** Will be assigned to each team – located in the basketball arena. **NO SPIKES ALLOWED**. No team camps are allowed in the competition area. – **Facilities will open at 9:00 AM**

**Athletic Training:**

**Throws:** Weigh Will be from 9:00 AM – 10:30 AM (Shot and Weight). Mobile wooden throws ring. 3 prelim attempts, 9 to finals - 3 finals attempts

**Jumps:** High Jump and Pole Vault on the infield (entries will determine opening height). 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 lanes 60 meters straight. ONLY ¼" Spikes will be permitted – Spikes check at check-in

**Spectator: Tickets MUST be bought in advance online:**

If you have any questions, please get in touch with Head Coach / Meet Director BT Pham at [bpham@capital.edu](mailto:bpham@capital.edu) or 414-759-5228

## Meet Schedule

### **Field Events: 11:00 AM**

- 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 (after Shot Put; Boys followed by Girls)

### **Running Events: 1:00 PM**

*Girls followed by boys*

- 4x800m Relay
- 60m Hurdles Prelim (8 to finals)
- 60m Dash Prelims (8 to finals)
- 400m
- 1600m
- 4x200m Relay
- 60m Hurdles Finals (2 Heats)
- 60m Dash Finals (2Heats)
- 800m
- 200m
- 3,200m
- 4x400m Relay