

Capital University
2023 Capital OAC Indoor Tune Up
Capital Center – 2360 E. Mound St Columbus, Ohio 43209
February 11th, 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 Direct Athletic Unlimited Entries for all events – Facility Permitting.

Registration Window: Sunday, January 1st @ 8 am – Wednesday, February 8th @ 11:59 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 and upon conclusion of the meet on wingmantiming.com and **Direct Athletics / TFRRS**.

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 or 414-759-5228

Meet Schedule

Field Events: 11:00 AM

- High Jump (Women followed by Men)
- Pole Vault (Men followed by Women)
- Long Jump (2 Pits; Triple Jump to follow)
- Shot Put (Men followed by Women)
- Weight Throw (after Shot Put; Men followed by Women)

Running Events: 1:00 PM

Women followed by Men

- 60m Hurdles Prelim (8 to finals)
- 60m Dash Prelims (8 to finals)
- 5,000m
- 4x200m Relay
- Mile
- 400m
- 60m Hurdles Finals (2 Heats)
- 60m Dash Finals (2Heats)
- 800m
- 200m
- 3,000m
- 4x400m Relay

