



SPEED CAPITAL TRACK COMMISSION

PACKET PICK UP	COACHES MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
Saturday @ the Track 7AM	Zoom Meeting Thursday night @ 9PM	Saturday 7AM/8:30 AM	First call 7:45AM 8:30AM	First Call 8:15AM 9:00AM

RUNNING EVENTS	GENDER	AGE	FIELD EVENTS	GENDER	AGE
1500M (TF)	GIRLS/BOYS	9-18	HIGH JUMP	GIRLS/BOYS	9-18
60M HURDLES (TF)	GIRLS BOYS/GIRLS BOYS	11-12 13-14 13/14B-15/18G 15/16B-17/18B	LONG JUMP	GIRLS/BOYS	18-6U
60M DASH(TF)	GIRLS/BOYS	6U-18	SHOT PUT	GIRLS/BOYS	7-18
4X200 RELAY (TF)	GIRLS/BOYS	7-18			
400M (TF)	GIRLS/BOYS	6U-18			
1500M RW (TF)	GIRLS/BOYS	9-12			
3000M (TF)	GIRLS/BOYS	13-18			
800M (TF)	GIRLS/BOYS	7-18			
200M	GIRLS/BOYS	6U-18			

***Long Jump and Shot put will be contested with 4 Attempts.**

******* DISTANCE RACES WILL BE COMBINED AGE GROUPS & GENDER*******