**Old Capitol Invitational**

**Schedule of Events**

**8:30 – COACHES Meeting**

**9:00 – 100/110 Hurdles**

 **100 meter dash**

 **1600 meter run**

 **4x100 meter relay**

 **400 meter dash**

**Break for Lunch**

 **300 Meter Hurdles**

 **800 Meter run**

**1600 Medley Relay**

**200 Meter dash**

**3200 Meter run**

**4x400 Meter Relay**

**Field Events**

**9:00 Boys Javelin 11:00 Girls Javelin**

 **Girls Discus Boys Discus**

 **Girls High Jump Boys High Jump**

 **Boys Long Jump Girls Long Jump**

 **Boys Shot Put Girls Shot-Put**

 **Pole Vault**