

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