

# CAPITAL CITY STRIDERS INVITATIONAL

## Order of Events Friday, June 13, 2008

|         |   |
|---------|---|
| 5:00 pm | All Race walkers (1500/3000 Meter)                  |
| 5:30 pm | Hurdle Timed Finals - 80M & 100M                    |
| 5:45 pm | Hurdle Timed Finals - 110M                          |
| 5:45 pm | Triple Jump (Boys & Girls 13-14 and up), (Open Pit) |
| 6:30 pm | Turbo Javelin (7-8, 9-10 & 11-12)                   |
| 6:30 pm | All Steeple chasers 15-16 and up                    |
| 7:00 pm | 4x800 Relays, Ages 9-10 and up                      |
| 7:30 pm | <u>Javelin (13 &amp; up)</u>                        |
| 7:30 pm | 5000M (Boys & Girls 17-18 & up)                     |
| 8:00 pm | 200 Meter Hurdles (Boys & Girls 13-14)              |
| 8:15 pm | 400 Meter Hurdles (Boys & Girls 15-16 & up)         |

## Saturday, June 14, 2008

|          | Running  | Field  | Gender   | Age   |       |
|----------|--|--|--|---|-------|
| 8:30 am  | 3000M<br>(Boys 11-up, Ladies 11 - up)          | Long Jump<br>High Jump<br>Shot Put<br>Discus                           | Girls, then Boys<br>Girls, then Boys<br>Girls, then Boys<br>Girls, then Boys                                 | 9-10<br>11-12<br>7- 8<br>11-12  |       |
| 9:00 am  | 400M Dash Finals (all)                         | Long Jump<br>High Jump<br>Shot Put<br>Discus                           | Girls, then Boys<br>Girls, then Boys<br>Girls, then Boys<br>Girls, then Boys                                 | 11-12<br>9-10<br>9-10<br>17-18  |       |
| 10:00 am | 50M Dash (timed finals)<br>4-6 & 7-8 ages only | High Jump<br>Discus<br>Pole Vault                                      | Girls, then Boys<br>Girls, then Boys<br>All Girls  | 15-16<br>15-16<br>13& up  | 11-12 |
| 10:30 am | 100M Dash (timed finals)                       | Long Jump<br>High Jump<br>Shot Put<br>Discus                           | Girls, then Boys<br>Girls, then Boys<br>Girls, then Boys<br>Girls, then Boys                                 | 15-16<br>13-14<br>15-16<br>13-14  |       |
| 11:15 am | 1500M Run                                      | Long Jump<br>High Jump<br>Shot Put<br>Discus                           | Women, then Men<br>Girls, then Boys<br>Women, then Men<br>Women, then Men                                    | Open<br>17-18<br>Open<br>Sub-Masters/Masters  |       |
| NOON     | LUNCH BREAK                                    | Fellowship Luncheon for Coaches & Volunteers                           |  |   |       |
| 1:00 pm  | 4x100M Relays (all)                            | Long Jump<br>High Jump<br>Shot Put<br>Discus<br>Shot Put<br>Pole Vault | Girls, then Boys<br>Women, then Men<br>Girls, then Boys<br>Women, then Men<br>Girls, then Boys<br>Boys & Men | 17-18<br>Open<br>13-14<br>Open<br>17-18<br>13-14& up  |       |
| 1:45 pm  | 800M Run<br>Timed finals                       | Long Jump<br>High Jump<br>Shot Put<br>Discus<br>Pole Vault             | Women, then Men<br>Women, then Men<br>Women, then Men<br>Women, then Men<br>Men                              | Sub-Masters/Masters<br>Masters/Sub-Masters<br>Masters/Sub-Masters<br>Open<br>Open/Masters/Sub-Masters |       |
| 2:45 pm  | 200M Dash<br>Timed finals                      |  |  |   |       |
| 4:00 pm  | 4x400M Relays                                  |  |  |   |       |
| 5:00 pm  | Team Awards                                    |  |  |   |       |

4 - 6 and 7 - 8 year olds do not Long Jump or High Jump  
Rolling Schedule: Girls run before Boys by Age - Youngest age groups first