

2015 Capitol Conference Track and Field Outdoor Championship

- Date, Site, Time:** Tuesday/Wednesday, May 12th, & 13th, 2015 @ Edison High School
- Field Events:**
- Tuesday May 12th @ 4:45 PM:**
Boys Long Jump (pit 1) and Girls Triple Jump (pit 2)
Girls High Jump followed by Boys High Jump
Girls Pole Vault followed by Boys Pole Vault
Girls Shot put
Boys Discus
- Wednesday May 13th @ 4:45 PM**
Girls Long Jump (pit 1) and Boys Triple Jump (pit 2)
Girls Discus
Boys Shot Put
- Running Events:** Trials on Tuesday and 4X800 Relay Final May 13th starting at 5:30 PM.
Finals on Wednesday May 14th starting at 5:30 PM
- Admission:** General Admission is **\$6.00**. Athletes will be checked in at the gate by the Ticket booth at the stadium entrance.
- Passes:** The Northern Region Council pass policy will apply. No passes from individual schools will be honored.
- Scoring:** 10 – 8 – 6 – 4 – 2 – 1 for all events.
- Awards:** Championship Plaques to first place teams
Medals for 1st through 3rd places – Individual events
Relays, 1st through 3rd places medals. Medals will be placed in an envelope for team to pick up at the end of the meet.
Advancement to Regional Meet:
Top 5 individuals and top 3 relays
- Entries:** Each school may enter three (3) individuals in each event. If more than (3) are entered, all must have met the District Standard during the current outdoor season in a sanctioned meet.
- Event Limitation:** In one meet a contestant may compete in any number of field events but shall be limited to participation in only three running events, except that contestant who competes in the 3200m run may compete in only one other running event.
- No event in the meet is to be held up because a participant is engaged in another event. If a contestant is entered in a field event which conflicts in the time schedule with a track event in which he/she is entered, they shall make advance arrangements with the official in charge of the field event to postpone his/her trials until after the track event has been run. No track event will be held up to accommodate a contestant who is competing in a field event. In a two day meet a 3200 meter runner may compete in a total of three individual events if that third event is the 4X800m relay and that event is held on the first day of competition
- Note:** The one minute rule will apply in all field events. Minimum Pole vault standards 15

- Scratches:** Any scratches in any seeded or sectioned event following the coaches meeting will not disqualify an individual from all subsequent running events but it will count as one of the three max running events (athletes entered in the 3200 should only be entered in one other event)
- Reporting** Each contestant in a running event shall report to the Clerk of Course by the 1st call. Failure to report by the third call will result in a scratch.
- Call for Events:** **First Call** 15 minutes prior to the scheduled time of event.
Second Call 10 minutes prior to the scheduled time of event
Third Call 5 minutes prior to the scheduled time of the event.
- Track:** Flats or ¼ spikes may be used. No other type of spike may be worn. BLOCKS will be available.
- Field Events:** **High Jump Boys:** Opening height to be determined at scratch meeting raise 2 inches until height of 6' and then One inch thereafter.
Girls High Jump: Opening height to be determined at scratch meeting raised two inches until height of 5'0" and one inch thereafter.
- Pole Vault Boys:** Opening height to be determined at scratch meeting being raised six inches until 11'6" and then by three inches.
Pole Vault Girls: Opening height to be determined at scratch meeting being raised six inches until 8'6" and then by three inches.
- Uniforms:** Participants will be required to wear team uniforms while competing. In the event no sizes are available for a participant, that school's Director of Student Activities shall notify the Tournament Director prior to competition. Meet numbers will be issued to each school and required to be worn before being permitted to compete. In relay events each team member shall wear the same color and design school uniform Jersey & trunks. When other apparel is worn under their jersey by more than one team member, that apparel must be identical. Numbers go in the front for all events.
- Rules:** Each coach is directed to instruct their squad to remain in Stands or outside the fence except when competing or warming up for their event. No coach will be allowed on the track or in the infield during any field or running event once the competition has started.

No Radios or tape recorders will be allowed in the stadium, any electronic equipment will not be allowed in competition areas (example, check in area, field event locations).

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May 12-13, 2015 @ Edison High School

Tuesday May 12th 2015 @ 4:15 PM

Coaches Meeting

Field Events – Finals

- 4:15 Weigh and certify Boys Discus, Girls Shot put, pole vault weigh ins and pole verification
- 4:45 Boys Discus
Girls Shot Put
Boys Long Jump (pit1) and Girls Triple Jump (pit 2)
Girls High Jump Followed by Boys High Jump
- 5:00 Girls pole vault followed by Boys pole vault

Running Events- Preliminaries

- 5:45 Girls 4X800 Meter Relay – Final
- 6:00 Boys 4X800 Meter Relay - Final
- 6:15 Girls 110m High Hurdles Semi-Finals
- 6:30 Girls 100m Dash Semi-Finals
- 6:40 Boys 100m Dash Semi-Finals
- 6:50 Girls 400m Dash Semi-Finals
- 7:00 Boys 400m Dash Semi-Finals
- 7:25 Boys 300m Hurdles Semi-Finals
- 7:40 Girls 200m Dash Semi-Finals
- 7:50 Boys 200m Dash Semi-Finals

2015 Capitol Conference Track and Field Outdoor Championship

May 12-13, 2015 @ Edison High School

Wednesday, May 13th, 2015

Field Events: start times are approximate

4:15	Weigh and certify Girls Discus Boys shot
4:45	Girls Long Jump (pit 1) and Boys Triple Jump (pit 2) Girls Discus Boys Shot Put
5:15	National Anthem
5:20	Introduction of Coaches and Teams

Running Events – Finals

5:30	Girls 100m High Hurdles Finals
5:35	Boys 110m High Hurdles Finals
5:40	Girls 100m Dash Finals
5:45	Boys 100m Dash Finals
5:50	Girls 1600m Run (Finals on time)
6:05	Boys 1600m Run (Finals on time)
6:20	Girls 400m Relay Finals
6:25	Boys 400m Relay Finals
6:30	Girls 400m Dash
6:35	Boys 400m Dash
6:40	Girls 300m Hurdles
6:45	Boys 300m Hurdles
6:50	Girls 800m Run
7:00	Boys 800m Run
7:10	Girls 200m Dash
7:15	Boys 200m Dash
7:20	Girls 3200m Run
7:35	Boys 3200m Run
7:45	Girls 1600m Relay
7:55	Boys 1600m Relay
8:20	Presentation of Team Trophies