



Capital District Classic

April 25, 2015

Meet Info: This will be a non scoring meet. There will be unlimited entries and there will not be an honest effort rule, so you may scratch without penalty. We would prefer to receive all known scratches by noon the day before so we can make accurate heat and flight sheets up. To be handed out at packet pickup.

Entries: Entries will be on DirectAthletics. Entries will be due by 11:59 pm Wednesday April 22, 2015. We will have a scratch deadline of noon on Friday April 24th. There will also be no lane changes after the scratch deadline on Friday. We will not make any changes or additions the day of competition.

Entry Fee: \$250.00 per gender per team, and \$20.00 per individual.

Field Events– Top 9 to finals:

11:00 AM– LJ Men, followed by Women (followed by Triple Jump Men then Women)

11:00 AM– Pole Vault Women, followed by Men

11:00 AM– Hammer Men, followed by Women (followed by Discus Men, followed by women))

11:00 AM– Javelin Women, followed by Men (followed by Shot Put Women, followed by men)

11:00 AM– High Jump Women, followed by Men

***Depending on the number of throwers entered we may have to implement minimum distances or not accept all entries. We will update on the process after seeing initial entries.

Running Events: (Estimated time schedule, we will run ahead if possible)

Combined 3000m	100m (W)
3000m Steeple Chase (W)	100m (M)
3000m Steeple Chase (M)	800m (W)
4x100m Relay (W)	800m (M)
4x100m Relay (M)	400 Hurdles (W)
1500m (W)	400 Hurdles (M)
1500m (M)	200m (W)
100m Hurdles	200m (M)
110m Hurdles	5000m (W)
400m (W)	5000m (M)
400m (M)	4x400m Relay (W)
	4x400m Relay (M)
	4x800m relay (W)
	4x800m Relay (M)

