

## 2004 Capital Athletic League Track and Field Finals - Order Of Events

**Thursday, May 13 at Bella Vista High School (Fair Oaks)**

### Running Trials\*\* 3:30 pm

1. 110 Meter High Hurdles - Varsity Boys
2. 110 Meter Intermediate Hurdles – Frosh/Soph Boys
3. 100 Meter Low Hurdles – Varsity Girls
4. 100 Meters - Frosh/Soph Boys
5. 100 Meters - Varsity Girls
6. 100 Meters - Varsity Boys
7. 200 Meters - Frosh/Soph Boys
8. 200 Meters - Varsity Girls
9. 200 Meters - Varsity Boys

\*\*9 fastest times in the heats will qualify for the finals

### Running Finals - Immediately Following Trials

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| <ol style="list-style-type: none"> <li>10. 110 Meter High Hurdles - Varsity Boys</li> <li>11. 110 Meter Intermediate Hurdles - Frosh/Soph Boys</li> <li>12. 100 Meter Low Hurdles – Varsity Girls</li> <li>13. 1600 Meters - Frosh/Soph Boys</li> <li>14. 400 Meter Relay - Frosh/Soph Boys</li> <li>15. 400 Meter Relay - Varsity Girls</li> <li>16. 400 Meter Relay - Varsity Boys</li> <li>17. 1600 Meters – Varsity Girls</li> <li>18. 1600 Meters - Varsity Boys</li> <li>19. 400 Meters - Frosh/Soph Boys</li> <li>20. 400 Meters - Varsity Girls</li> <li>21. 400 Meters - Varsity Boys</li> <li>22. 100 Meters - Frosh/Soph Boys</li> <li>23. 100 Meters - Varsity Girls</li> <li>24. 100 Meters - Varsity Boys</li> </ol> | <ol style="list-style-type: none"> <li>25. 3200 Meters - Frosh/Soph Boys</li> <li>26. 300 Meter Low Hurdles - Frosh/Soph Boys</li> <li>27. 300 Meter Low Hurdles - Varsity Girls</li> <li>28. 300 Meter Intermediate Hurdles - Varsity Boys</li> <li>29. 800 Meters - Frosh/Soph Boys</li> <li>30. 800 Meters - Varsity Girls</li> <li>31. 800 Meters - Varsity Boys</li> <li>32. 200 Meters - Frosh/Soph Boys</li> <li>33. 200 Meters - Varsity Girls</li> <li>34. 200 Meters - Varsity Boys</li> <li>35. 3200 Meters - Varsity Girls</li> <li>36. 3200 Meters - Varsity Boys</li> <li>37. 1600 Meter Relay - Frosh/Soph Boys</li> <li>38. 1600 Meter Relay - Varsity Girls</li> <li>39. 1600 Meter Relay - Varsity Boys</li> </ol> |
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### Order Of Field Events (Beginning at 3:30 PM)

Pole Vault **	Varsity Girls	Frosh/Soph Boys	Varsity Boys
High Jump **	Frosh/Soph Boys	Varsity Girls	Varsity Boys
Shot Put **	Frosh/Soph Boys	Varsity Girls	Varsity Boys
Discus **	Varsity Girls	Varsity Boys	Frosh/Soph Boys
Long Jump **	Varsity Boys	Varsity Girls	Frosh/Soph Boys
Triple Jump **	Varsity Girls	Frosh/Soph Boys	Varsity Boys

\*\*The next field event will start as soon as the previous event is over - we may be ahead of schedule.

### High Jump / Pole Vault Opening Heights

	Frosh/Soph Boys	Frosh/Soph Girls	Girls	Varsity Boys
High Jump	4' 6"	4' 0"	4' 0"	5' 0"
Pole Vault	8' 0"	6' 0"	7' 0"	9' 0"

**Field Events (Long/Triple Jump, Shop Put/Discus):** 3 attempts, top 7 to finals for 3 more attempts.

**Starting Blocks:** Furnished by Bella Vista High School. Schools may bring their own.

**Relay Batons:** Teams supply their own.

**Spike Length:** ¼ " or less

**Qualification to Sub-Sections:** Top six in each varsity event will qualify on to the Sub-Section meet at American River College next week.