

Capital Athletic League Track and Field Center Meet - Order Of Events

Order of Running Events

Beginning 3:00 PM Center Meet 1 and 3:30 Center Meet 2 & 3

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| <ol style="list-style-type: none"> 1. 100 M H – Varsity Girls 2. 110 M I H - Frosh/Soph Boys 3. 110 M H H - Varsity Boys 4. 1600 M- Frosh/Soph Boys 5. 400 M Relay - Frosh/Soph Boys 6. 400 M Relay - Varsity Girls 7. 400 M Relay - Varsity Boys 8. 1600 M – Varsity Girls 9. 1600 M - Varsity Boys 10. 400 M - Frosh/Soph Boys 11. 400 M - Varsity Girls 12. 400 M - Varsity Boys 13. 100 M - Frosh/Soph Boys 14. 100 M - Varsity Girls 15. 100 M - Varsity Boys | <ol style="list-style-type: none"> 16. 3200 M - Frosh/Soph Boys 17. 300 M L H - Frosh/Soph Boys 18. 300 M L H - Varsity Girls 19. 300 M I H - Varsity Boys 20. 800 M - Frosh/Soph Boys 21. 800 M - Varsity Girls 22. 800 M - Varsity Boys 23. 200 M - Frosh/Soph Boys 24. 200 M - Varsity Girls 25. 200 M - Varsity Boys 26. 3200 M - Varsity Girls 27. 3200 M - Varsity Boys 28. 1600 M Relay - Frosh/Soph Boys 29. 1600 M Relay - Varsity Girls 30. 1600 M Relay - Varsity Boys |
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Order Of Field Events - Beginning @ 3:00 PM for Center Meet 1 and 3:30 for Center Meets 2 & 3 - **The next field event will start as soon as the previous is over - we may be ahead of schedule.

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

High Jump / Pole Vault Opening Heights

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

Field Events (Long/Triple Jump, Shop Put/Discus): 4 attempts.

Long and Triple Jump: Open pit for all divisions. All Athletes must be signed in by the start of the Frosh/Soph Boys 400 Relay. Pits close at the start of the Frosh/Soph Boys 1600 relay.

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

Relay Batons: Teams supply their own.

Spike Length: ¼ " or less no exceptions.