

Cape Coast Conference Time Schedule 2025

April 11th, 2024, Satellite High School

Infield will be closed to all coaches and athletes not in field events.

There is a \$200 entry fee for each school.

Entry deadline is Tuesday April 6th at 11:59pm

You are allowed 4 entries per event. We will mark top 12 position in throws and horizontal jumps. All attempts below those marks will not be measured after first attempt.

9:00 Girls Javelin / Followed by Boys Javelin

10:00 am Coaches Meeting – Finish Line

10:30 4 x 800 relay

11:00 Unseeded 3200 (Not in the top 24 seeded times)

11:00 1st round of field events 3 attempts

Long Jump Girls / Boys Triple Jump Finals

Girls Shot Put and Boys Discus–Finals

Girls High Jump

Boys Pole Vault

1pm 2nd round of field events

Triple Jump Girls / Long Jump Boys – Finals

Girls Discus /Boys Shot put - Finals.

Boys High Jump

Girls Pole Vault

4pm Running Finals

100m hurdles

110m hurdles

100m

1600m run

4 x 100m relay

400m dash

400m hurdles

800m run.

200m dash.

3200m (Top 24 entries)

4 x 400m relay