

Capital University
CapFam Alumni Meet
Capital Center – 2360 E. Mound St Columbus, Ohio 43209
December 3rd, 2022

Entry Fee: \$600 per school, \$300 per gender per school. If a team does not meet 12 athletes' participation, it will be \$25 per individual (**Online payment must be made on Direct Athletics, entry fees are Non – Refundable**)

Meet Entries: Entries will be done through Direct Athletic Unlimited Entries for all events – Facility Permitting.

Registration Window: Tuesday, November 1st @ 8 AM – Wednesday, November 11th @ 11:59 pm. **Changes/Additions: Must be Made before Registration Window Closing. Please login and submit any changes by the window closes to avoid issues with seeding.**

Timing: Finish Lynx/HY-Tek Timing/Scoring will be used. **Wingman Timing, LLC** will provide Automatic Timing and Results. Results will be posted after each event online @ wingmantiming.com and upon the conclusion of the meet on wingmantiming.com and **Direct Athletics / TFFRS**

Team Camps: located in the basketball arena. **NO SPIKES ARE ALLOWED**. No team camps are allowed in the competition area. – **Facilities will open at 9:00 AM**

Athletic Training: For any athletic training questions, please direct them to Matt Smith at msmith@capital.edu

Throws: Weigh-in will be from 9:00 AM – 10:30 AM (Shot and Weight). Mobile wooden throws ring. 3 prelim attempts, 9 to finals - 3 finals attempts

Jumps: High Jump and Pole Vault on the infield (entries will determine opening height). Long Jump and Triple Jump on North and South Pit (3 attempts for prelims, 9 to finals – 3 attempts in finals)

Track: 6 lanes IFS-2000 SRI Sports Molded Surface 200-meter flat track – 6 lanes 60 meters straight. ONLY ¼" Spikes will be permitted – Spikes check at check-in

Spectator: Tickets MUST be bought in advance Online:
<https://athletics.capital.edu/sports/2021/8/12/capital-online-ticketing>

If you have any questions, please get in touch with Head Coach / Meet Director BT Pham at bpham@capital.edu or 414-759-522

Meet Schedule

**a set timed schedule will be made once entries are completed*

Field Events: 11:00 PM

- 11:00 PM High Jump (Women followed by Men)
- 11:00 PM Pole Vault (Men followed by Women)
- 11:00 PM Long Jump (1 Pit; Triple Jump to follow)
- 11:00 PM Shot Put (Men followed by Women)
- 12:00 PM Weight Throw (after Shot Put; Men followed by Women)

Running Events: 1:00 PM

- 1:00 PM Men's 60m Dash Prelims (8 to finals)
- 1:15 PM Men's 5,000m
- 1:35 PM Women's 400m Dash
- 1:40 PM Men's 400m Dash
- 1:50 PM Women's Mile
- 2:00 PM Men's Mile
- 2:10 PM Men's 60m Hurdles Finals (1 Heat)
- 2:15 PM Women's 60m Dash Finals 1 Heat)
- 2:20 PM Men's 60m Dash Finals (2Heats)
- 2:30 PM Men's 800m
- 2:35 PM Women's 200m Dash
- 2:40 PM Men's 200m Dash
- 2:55 PM Men's 3,000m
- 3:05 PM Men's 4x400m Relay
- 3:10 PM Mix Gender 4x400M Relay

