

# CAPITAL

## TRACK & FIELD

### CAPITAL OAC TUNE-UP

The Capital Center Field House - 2360 E. Mound Street, Columbus, Ohio 43209  
February 11, 2023

**ENTRY FEE:** \$600 per school, \$300 per gender per school. If a team does not meet the 12 athlete participation requirement, the fee will be \$25 per individual.

**PAYMENT:** Online payment must be made on Direct Athletics and entry fees are **Non-Refundable**

**MEET ENTRIES:** Entries will be done through Direct Athletics and there will be unlimited entries for all events (facility permitting).

**REGISTRATION WINDOW:** January 1st @ 8 a.m. -- February 8th at 11:59 p.m.

**CHANGES:** Must be made before the registration window closing. Please login and submit any changes by the window closing date 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 at [wingmantiming.com](http://wingmantiming.com) and upon conclusion of the meet on [wingmantiming.com](http://wingmantiming.com) and Direct Athletics & TFFRS.

**TEAM CAMPS:** Camps will be located in the basketball arena. **NO SPIKES ARE ALLOWED IN THE ARENA.** No team camps are allowed in the competition area. -- Facilities will open at 9:00 a.m.

**ATHLETIC TRAINING:** For any athletic training questions, please direct those to Capital Head Athletic Trainer, Matt Smith at [msmith18@capital.edu](mailto:msmith18@capital.edu).

**THROWS:** Weigh-in will be from 9:00 a.m. until 10:30 a.m. (shot and weight). Mobile wooden throws ring. 3 prelim attempts, 9 to finals, 3 finals attempts.

**JUMPS:** High Jump and Pole Vault will be 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 finals attempts).

**TRACK:** Six lanes IFS-2000 SRI Sports Molded Surface 200-meter flat track -- 6 lanes 60 meters straight. ONLY 1/4" spikes will be permitted -- Spikes check at check-in.

**SPECTATORS:** Tickets MUST be bought in advance online at: [athletics.capital.edu/Ticketing](http://athletics.capital.edu/Ticketing)

**QUESTIONS:** Please direct any and all questions to Head Coach / Meet Director BT Pham at [bpham@capital.edu](mailto:bpham@capital.edu) or 414-759-5228.

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### MEET SCHEDULE

*All events will be on a rolling schedule*

#### **FIELD EVENTS:** 12:00 p.m.

12:00 PM	High Jump (Women, followed by Men)
12:00 PM	Pole Vault (Men, followed by Women)
12:00 PM	Long Jump (Men and Women 2 Pits) (Triple Jump to follow)
12:00 PM	Shot Put (Women, followed by Men)
	Weight Throw (after Shot Put; Women, followed by Men)

#### **RUNNING EVENTS:** 1:00 p.m.

*All events are women followed by men, and are on a rolling schedule*

12:00 PM	Capital Senior Day Recognition
12:50 PM	National Anthem
1:00 PM	Women's 5,000m Run
	Men's 5,000m Run
	Women's 4x200m Relay
	Men's 4x200m Relay
	Women's One Mile Run
	Men's One Mile Run
	Women's 60m Hurdles Prelims
	Men's 60m Hurdles Prelims
	Women's 60m Dash Prelims
	Men's 60m Dash Prelims
	Women's 400m Dash
	Men's 400m Dash
	Women's 500m Dash
	Men's 500m Dash
	Women's 60m Hurdles Finals
	Men's 60m Hurdles Finals
	Women's 60m Dash Finals
	Men's 60m Dash Finals
	Women's 800m Run
	Men's 800m Run
	Women's 1,000m Run
	Men's 1,000m Run
	Women's 200m Dash
	Men's 200m Dash
	Women's 3,000m Run
	Men's 3,000m Run
	Women's 4x400m Relay
	Men's 4x400m Relay