

CAPITAL

TRACK & FIELD

COMETS OPENER

The Capital Center Field House - 2360 E. Mound Street, Columbus, Ohio 43209
January 14, 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: December 1st @ 8 a.m. -- January 11th 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 and upon conclusion of the meet on 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.

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

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

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MEET SCHEDULE

A set time schedule will be made once entries are completed

FIELD EVENTS: 11:00 a.m.

- High Jump (girls followed by boys)
- Pole Vault (boys followed by girls)
- Long Jump (2 pits; Triple Jump to follow)
- Shot Put (boys followed by girls)
- Weight Throw (after Shot Put; boys followed by girls)

RUNNING EVENTS: 1:00 p.m.

All events are girls followed by boys

- 60m Hurdles Prelim (8 to finals)
- 60m Dash Prelim (8 to finals)
- 5,000m
- 4x200m Relay
- One Mile
- 400m
- 60m Hurdles Finals (2 heats)
- 60m Dash Finals (2 heats)
- 800m
- 200m
- 3,000m
- 4x400m Relay