

Ohio Capital Conference
Track and Field Meet
Ohio Division

Thursday, May 9 at Groveport Madison

4:00 Field Events for Ohio Division

Boys: Shot, Long Jump

Girls: Discus, Pole Vault, High Jump

6:30 Running Events for Ohio Division

3200m Relay - Final Event

100 / 110m Hurdles (3 heats, top 8 times to finals)

100m Dash (3 heats, top 8 times to finals)

400m Dash (3 heats, top 8 times to finals)

300m IMH (3 heats, top 8 times to finals)

200m Dash (3 heats, top 8 times to finals)

Saturday, May 11 at Groveport Madison

12:00 Field Events for Ohio Division

Girls: Shot, Long Jump

Boys: Discus, Pole Vault, High Jump

2:00 Running events for Ohio Division

100 / 110m Hurdles

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

300m Intermediate Hurdles

800m Run

200m Dash

3200m Run

1600m Relay

Ohio Capital Conference
Track and Field Meet
Capital Division

Thursday, May 9 at Groveport Madison

6:00 Field Events for Capital Division

Boys: Shot, Long Jump

Girls: Discus, Pole Vault, High Jump

4:15 Running Events for Capital Division

3200m Relay - Final Event

100 / 110m Hurdles (3 heats, top 8 times to finals)

100m Dash (3 heats, top 8 times to finals)

400m Dash (3 heats, top 8 times to finals)

300m IMH (3 heats, top 8 times to finals)

200m Dash (3 heats, top 8 times to finals)

Saturday, May 11 at Groveport Madison

9:00 Field Events for Capital Division

Girls: Shot, Long Jump

Boys: Discus, Pole Vault, High Jump

11:00 Running Events for Capital Division

100 / 110m Hurdles

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

300m Intermediate Hurdles

800m Run

200m Dash

3200m Run

1600m Relay