



OHIO CENTRAL CARDINAL CAPITAL



## Ohio Capital Conference Track and Field Championships

### Cardinal Division, Hosted by Pickerington High School North

Thursday, May 12, 2011

<b>4:00 PM</b>	<b>Cardinal Division Field Events</b>	
	<b>Boys:</b>  Shot Long Jump	<b>Girls:</b>  Discus High Jump Pole Vault
<b>6:00 PM</b>	<b>Cardinal Division Semi / Finals</b>	
	<b>3200m Relay - Final Event</b> 100 / 110m Hurdles (3 heats, top 2 + 2 fastest times to finals) 100m Dash (3 heats, top 2 + 2 fastest times to finals) 400m Dash (3 heats, top 2 + 2 fastest times to finals) 300m IMH (3 heats, top 2 + 2 fastest times to finals) 200m Dash (3 heats, top 2 + 2 fastest times to finals)	

Saturday, May 14, 2011

<b>9:00 AM</b>	<b>Cardinal Division Field Events</b>	
	<b>Boys:</b>  Discus High Jump Pole Vault	<b>Girls:</b>  Shot Put Long Jump
<b>11:00 AM</b>	<b>Cardinal Division Finals</b>	
<i>girls then boys</i>	100 / 110m Hurdles 100m Dash 800m Relay 1600m Run 400m Relay 400m Dash 300m Intermediate Hurdles 800m Run 200m Dash 3200m Run 1600m Relay	