

# 2024 Cap City JV Quad

## Hosted by Capital City High School

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Coaches and Athletic Directors,

The "Cap City JV Quad" track and field meet will be held on Tuesday, April 16, 2024 at **Capital City High School**.

Entry Fee: None

Entry limit: Unlimited entries.

Entry Sheets: All entries will be made online using **momilesplit**.  
Registration closes April 15, at 9:00 pm.

Seeding: Heats and flights will be seeded by time and distances entered.

Teams: Capital City, Jefferson City, Helias, Waynesville

Scoring: 4 Team Scoring:  
6-4-3-2-1-Individual events  
6-4-2-Relays

Games Committee: We will have a coaches meeting at 3:45 at the finish line.  
Head coaches from each school will be a part of the games committee.

Running Surfaces: All weather rubber 400m eight lane track. 3/16" or smaller pyramid spikes are to be worn. All jump runways and javelin runway are the same surface as the track. **Use of longer spikes will result in your athlete being disqualified.**

Concessions: Will be available for purchase.

Team Tents: Tents may be placed outside the fenced area along the back stretch.

Warm-ups: There will be designated areas for warm-ups inside the track on the main football field in certain areas.

Parking: Your team bus should park north-west (orange star on map) of the track in the west parking lot by the School. You may drop your team off at the bottom parking lot by the stadium ("parking" on map) off of Mission Dr., but only for drop off. Please refer to the map attached.

## 2024 Schedule of Events

### Field Events Starting Times:

4:00 pm	Girls Shot Put, Boys follow
4:00 pm	Boys Discus, Girls follow
4:00-5:30 pm	Girls Long Jump, Boys follow (Cafeteria Style)
4:00-5:30 pm	Boys Triple Jump, Girls follow (Cafeteria Style)
4:00 pm	Girls Pole Vault, Boys follow
4:00 pm	Boys High Jump, Girls follow
5:00-7:00 pm	Boys and Girls Open Javelin (Cafeteria Style)

Running events will begin at **4:30 pm** and will proceed on a rolling time schedule. Boys will follow girls.

4x800m Relay  
100m Hurdles  
110m Hurdles  
100m Dash  
4x200m Relay  
1600m Run  
4x100m Relay  
400m Dash  
300m Hurdles  
800m Run  
200m Dash  
3200m Run  
4x400m Relay