SATURDAY, JANUARY 12, 2013
CAPITAL UNIVERSITY INDOOR MEET
CAPITAL CHALLENGE

1. ENTRY FEE IS $300 FOR BOTH GENDERS - $150 PER GENDER PER SCHOOL, OR, $15 PER PERSON, UP TO 9 INDIVIDUALS. MAKE CHECKS PAYABLE TO "CAPITAL UNIVERSITY TRACK AND FIELD."

2. UNLIMITED ENTRIES FOR ALL EVENTS.

3. ¼" SPIKES WILL BE PERMITTED. POLE VAULT ATHLETES MUST STAY ON THE MATS NEXT TO THE RUNWAY WHEN THEIR SPIKES ARE ON.

4. WE HAVE 6 SETS OF BLOCKS. IF YOU BRING YOUR OWN BLOCKS, THEY MAY HAVE UP TO 3/8" SPIKES IN THEM. PLEASE DO NOT DROP OR DRAG BLOCKS ON THE INSIDE SURFACE.

5. LOCKER ROOMS AND SHOWERS WILL BE AVAILABLE.

6. THE ATHLETIC TRAINING ROOM WILL BE OPEN 2 HOURS PRIOR TO THE START OF THE TRACK MEET. ICE AND MOIST HEAT PACKS WILL BE AVAILABLE TO ALL ATHLETES. ELECTRICAL MODALITIES (I.E. ELECTRICAL STIM, ULTRASOUND, ETC.) ARE ONLY PERMITTED BY THOSE TEAMS TRAVELING WITH A CERTIFIED ATHLETIC TRAINER. THERE WILL BE NO EXCEPTIONS. TEAMS REQUIRING TAPING MUST BRING THEIR OWN SUPPLIES AND IT IS PREFERRED THAT THEY GET TAPED AT EITHER THE ***BEGINNING*** OF THE FIELD EVENTS OR AT THE ***BEGINNING*** OF THE RUNNING EVENTS. **TRAINING ROOM IS LOCATED ON THE EAST SIDE OF THE BUILDING.**

   ROBERT THORNE, MA, ATC: 614-236-6558 (O), ATHLETIC TRAINING ROOM: 614-236-6622

7. **FINISH LYNX/HY-TEK TIMING/SCORING WILL BE USED. RESULTS WILL BE AVAILABLE AFTER THE CONCLUSION OF THE MEET.**

8. MEET ENTRIES WILL BE DONE USING **DIRECT ATHLETICS** AT www.directathletics.com. E-mail Kunle Lawson @ klawson@capital.edu to be invited to the meet.

9. **ENTRIES ARE DUE ON WEDNESDAY, JANUARY 9 BY 6:00 PM. QUESTIONS: 614-236-6919**
   THE TIME SCHEDULE IS ON A SEPARATE ATTACHMENT

10. THE 200 METER TRACK IS A 6 LANE IFS-2000 SRI SPORTS MOLDED FLOOR. WE HAVE AN IN-GROUND CEMENT THROWING RING. HIGH JUMP IS ON THE INFIELD. WE WILL THROW THE WEIGHT. THE POLE VAULT RUNWAY IS A MONDO SUPER X THAT IS 120'. WE WILL UTILIZE BOTH LJ/TJ RUNWAYS. THERE ARE BOARDS ON BOTH RUNWAYS FOR BOTH EVENTS.

11. WEIGH-INS WILL BE FROM 9:30 - 10:15 FOR THE SHOT PUT AND WEIGHT THROW

12. THERE WILL BE A CONCESSION STAND OPEN IN THE MAIN LOBBY

13. DIRECTIONS - http://www.capital.edu/Directions_to_Athletic_Facilities/

60 METER DASH/HURDLES SEMIS (TOP 12 TO FINALS, 2 SECTIONS)
LONG JUMP (MEN & WOMEN, 2 PITS, 3 ATTEMPTS, TOP 9 TO FINALS)
TRIPLE JUMP (MEN & WOMEN, 2 PITS, 3 ATTEMPTS, TOP 9 TO FINALS)
TRIPLE JUMP WILL START 20 MINUTES AFTER THE LONG JUMP.
SHOT PUT AND WEIGHT THROW (3 ATTEMPTS, TOP 9 TO FINALS)

ANY QUESTIONS, PLEASE CALL KUNLE LAWSON AT 614-236-6919 (W) OR 614-595-1496 (C)