

Willie Ruffin – WRUFFIN@mail.kana.k12.wv.us
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All Laidley Field and WVSSAC rules will be in effect, including the size of the spikes ($\frac{1}{4}$ inch).

Seating – All teams must be in the South Stands. The North Stands (Interstate side) will be closed.

Time Schedule – The meet will progress as events are finished. Each athlete should follow the progression and be ready for his/her event. The order of events will follow the “One Session” format listed in the WVSSAC Interscholastic.

Scratch Sheets – You may email your scratches/substitutions to Marshall Cavender by 12:00 p.m. on meet day or bring them to Laidley by 4:00 p.m.

Track Equipment – Throwing implements will not be provided. You may use your own Starting Blocks.

Running Info – The 4x400 relays will be on a three- turn stagger. The 800, 1600, 3200, and 4x800 relay will be on a one turn stagger.

Pole Vault – Coaches are required to process the form. Submit a copy to the Athletic Director, and give a copy to the event judge. No Exceptions.

Restricted Areas – No coaches or support personnel are permitted inside these areas without the permission of a Referee.

If you have any question, please feel free to contact me at (304) 348-6500 ext.139 or 348-1932. At home (304) 415-0924 in the evening.

Have a Great Season,

Willie Ruffin, Jr.

55th CAPITOL CITY CLASSIC 2020
APRIL 17, 2020

Running begins at 4:45 p.m.

4x800 (M) Relay	(G)
4x800 (M) Relay	(B)
100 (M) HH 33"	(G)
110 (M) HH 39"	(B)
100 (M) Dash	(G)
100 (M) Dash	(B)
4x200 (M) Relay	(G)
4x200 (M) Relay	(B)
1600 (M) Run	(G)
1600 (M) Run	(B)
400 (M) Dash	(G)
400 (M) Dash	(B)
BREAK (30- Minutes)	
300 (M) LH 30"	(G)
300 (M) IH 36"	(B)
4x100 (M) Relay	(G)
4x100 (M) Relay	(B)
800 (M) Run	(G)
800 (M) Run	(B)
200 (M) Dash	(G)
200 (M) Dash	(B)
3200 (M) Run	(G)
3200 (M) Run	(B)
Shuttle Hurdle Relay	(G)
Shuttle Hurdle Relay	(B)
4x400 (M) Relay	(G)
4x400 (M) Relay	(B)

AWARDS

THIS IS A ROLLING TIME SCHEDULE

**4:45 GIRLS SHOT- BOYS DISCUS- GIRLS HIGH JUMP- BOYS LONG
JUMP-BOY'S POLE VAULT**

