

2026 Capital Invitational Estimated Schedule of Events

Running Events:

Friday, March 20, 2026

4:30pm Sprint Medley (Girls)
4:46pm Sprint Medley (Boys)
5:08pm Sprint Medley (Women)
5:16pm Sprint Medley (Men)
5:24pm 300 Hurdles (Girls)
5:36pm 300 Hurdles (Boys)
5:48pm 400 Hurdles (Women)
6:00pm 400 Hurdles (Men)
6:15pm 200m (Girls)
6:33pm 200m (Boys)
6:48pm 200m (Women)
7:03pm 200m (Men)

Saturday, March 21, 2026

9:45am National Anthem
10:00am 4x100m Relay (Girls) 4 heats
10:12 4x100m Relay (Boys) 4 heats
10:24 4x100m Relay (Women) 3 heats
10:33 4x100m Relay (Men) 3 heats
10:43 100m Hurdles (Girls) 4 heats
10:58 100m Hurdles (Women) 4 heats
11:18 110m High Hurdles (Boys) 4 heats
11:35 110m High Hurdles (Men) 4 heats
11:50 400m (Girls) 5 heats
12:05pm 400m(Boys) 5 heats
12:20 400m (Women) 4 heats
12:32 400m (Men) 4 heats
12:48 100m (Girls) 5 heats
1:03 100m(Boys) 5 heats
1:18 100m (Women) 4 heats
1:30 100m (Men) 4 heats
1:44 4 x 200m (Girls) 4 heats
2:08 4 x 200m(Boys) 4 heats
2:24 4 x 200m (Women) 2 heats
2:32 4 x 200m(Men) 2 heats
2:40 4 x 400M(Girls) 4 heats
3:12 4 x 400m(Boys) 4 heats
3:36 4 x 400m (Women) 2 heats
3:48 4 x 400m (Men) 2 heats

Field Events:

Friday, March 20, 2026

2:30pm Pole Vault (Girls)
2:30pm Long Jump (Girls)
2:30pm Long Jump (Boys)
3:00pm Shot Put (Girls)
3:00pm Discus (Boys)
5:00pm Pole Vault (Boys)
4:30pm Triple Jump (Girls)
4:30pm Triple Jump (Boys)
5:00pm High Jump (Girls)
7:00pm Discus (Girls)
7:00pm Shot Put (Boys)
7:00pm High Jump (Boys)