

Region 5 Junior Olympic Track & Field Championships Official Schedule

See notes at bottom of page regarding event check in

THURSDAY

5-Jul

10:00 AM	DECATHLON	15-16 B & 17-18 M	100m, Long Jump, Shot Put, High Jump, 400m
10:30 AM	HEPTATHLON	15-16 G & 17-18 W	100m Hurdles, High Jump, Shot Put, 200m

FRIDAY

6-Jul

10:00 AM	DECATHLON	15-16 B & 17-18 M	110m Hurdles, Discus, Pole Vault, Javelin, 1500m
10:15 AM	HEPTATHLON	15-16 G & 17-18 W	Long Jump, Javelin, 800m
10:30 AM	PENTATHLON	11-12 G & 11-12 B	80m Hurdles, Shot Put, High Jump, Long Jump, 800m (G), 1500m (B)
10:45 AM	PENTATHLON	13-14 G & 13-14 B	100m Hurdles, Shot Put, High Jump, Long Jump, 800m (G), 1500m (B)
11:00 AM	TRIATHLON	9-10 G & 9-10 B	Shot Put, High Jump, 200m (G), 400m (B)
5:00 PM	STEEPLECHASE	15-16 G & 17-18 W	2000m
5:00 PM	STEEPLECHASE	15-16 B & 17-18 M	2000m

SATURDAY

7-Jul

10:00 AM FIELD EVENTS

Triple Jump	(15/16 M - 17/18M - 13/14M)
Long Jump	(13/14 F - 15/16F - 17/18F)

10:30 AM FIELD EVENTS

Pole Vault	(13/14 M - 15/16 M)
High Jump	(9/10 F - 9/10 M - 11/12 F)
Shot Put	(17/18 F - 15/16 F)
Discus Throw	(15/16 M - 17/18 M)
Aero Javelin	(11/12 F - 11/12 M)
Turbo Javelin	8 & U F - 8 & U M- 9/10 F - 9/10M

10:45 AM RUNNING EVENTS

4 x 800m Relay Final	(11/12 M/F - 13/14 M/F - 15/16 M/F - 17/18 M/F)
110m Hurdle Semi Finals	* (15/16 M - 17/18 M)
100m Hurdle Semi Finals	* (13/14M - 15/16F - 17/18F - 13/14F)
80m Hurdle Semi Final	* (11/12 F - 11/12 M)
100m Dash Semi Finals	* (All Age Groups)

(If 8 or less competitors, hurdles/100s will be run as finals)

1:00 PM RUNNING EVENTS

110m Hurdle Finals	(15/16 M - 17/18 M)
100m Hurdle Finals	(13/14M - 15/16F - 17/18F - 13/14F)
80m Hurdle Finals	(11/12 F - 11/12 M)
100m Dash Final	(All Age Groups)
1500m Run Final	(All Age Groups)
400m Dash Final	* (All Age Groups)
4 x 100m Relay Final	(All Age Groups)

1:00 PM FIELD EVENTS

Pole Vault	(17/18 M)
High Jump	(15/16 M - 17/18 M)
Long Jump	(11/12 M - 13/14 M)
Shot Put	(11/12 F - 13/14 F - 9/10 F - 8 & U F)
Hammer	(17/18 M - 15/16 M)
Discus Throw	13/14 M - 11/12 M)
Javelin Throw	17/18 F - 15/16 F - 13/14 F)

SUNDAY 8 July

10:00 AM FIELD EVENTS

Triple Jump	(17/18 F - 15/16 F - 13/14 F)
Long Jump	(9/10 F - 9/10 M - 11/12 F - 8 & U F - 8 & U M)

10:00 AM RUNNING / WALKING EVENTS

1500m Racewalk	(9/10 M/F - 11/12 M/F)
3000m Racewalk	(13/14 M/F - 15/16 M/F - 17/18 M/F)

10:30 AM FIELD EVENTS

Pole Vault	(13/14 F - 15/16F)
High Jump	(15/16 F - 17/18 F - 13/14 F)
Shot Put	(17/18 M - 15/16 M)
Discus Throw	(17/18 F - 15/16 F)

10:45 RUNNING EVENTS

3000m Run Final	(11/12 M/F - 13/14 M/F - 15/16 M/F - 17/18 M/F)
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* 200m Dash Semi Final (All Age Groups)
(If 8 or less competitors, 200s will be run as finals)

200m Hurdle Final	(13/14 F - 13/14 M)
400m Hurdle Final	(15/16 F - 17/18F - 15/16 M - 17/18 M)
* 800m Run Final	(All Age Groups)
200m Dash Final	(All Age Groups)
4 x 400m Relay Final	(All Age Groups)

1:00 PM FIELD EVENTS

Pole Vault	(17/18 F)
High Jump	(11/12 M - 13/14 M)
Long Jump	(15/16 M - 17/18 M)
Shot Put	(13/14 M - 11/12 M - 9/10 M - 8 & U M)
Hammer	(15/16 F - 17/18 F)
Discus Throw	(11/12 F - 13/14 F)
Javelin Throw	(15/16 M - 17/18 M - 13/14 M)

* Athletes in the 100m, 200m, 400m, 800m & all hurdles must check in with the clerk of course no later than twenty (20) minutes after declaration announcement has been made. **Failure to do so will result in athletes elimination from the event.**

Throwers may use their own implements. Personal implements must be certified prior to competition.

Pole Vaulters have to be weighed and have their poles checked at implement check-in prior to competition.