



**USA TRACK & FIELD REGION III
2009 JUNIOR OLYMPIC CHAMPIONSHIPS
Prince George's Sports and Learn Complex
8001 Sheriff Road, Landover, MD 20785
July 9-12, 2009 Youth Chair: Henry McCallum Jr
Schedule of Events**

THURSDAY, July 9, 2009

9:00 AM- IG & YW Heptathlon (1st Day)

100m Hurdles (33") IB/YM (36")
High Jump
Shot Put (4kg)
200m Dash

9:30 AM- MG & MB Pentathlon

80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run MG/MB

10:00 AM – YG & YB Pentathlon

100m Hurdles (YG 30"/ YB 33")
Shot Put (6lb YG/ 4 kilos YB)
High Jump
Long Jump
800/1500 Run YG/YB

10:30 AM IB & YM Decathlon (1st Day)

100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

Running Events:

5:00 PM 4 x 800 Relay Finals MG, MB, YG, YB, IG, IB
YW/YM

**PARKING & DIRECTIONS TO THE
COMPLEX**

**Prince George's Sports and Learning Complex
8001 Sheriff Road Landover, MD 20785
From 495 North take Landover Road exit 17B.
From 495 South Take exit 17. Get into left lane
off the ramp onto Landover Road. Take left
onto Bright seat Road. Follow green overhead
signs through the traffic light onto Redskins
Road. Follow Redskins Road around to Fed Ex
Way. Take right onto Hills Oaks Road. FedEx
Green Lot B3 & B4 on the right.**

FRIDAY, July 10, 2009

Running Events

8:00 AM 2000m Steeplechase IG/YW (30")
IB/YM (36")

9:00 AM- IG & YW Heptathlon (2nd Day)

Long Jump
Javelin (600g)
800m Run

9 AM- IB & YM Decathlon (2nd DAY)

110m Hurdles (39")
Discus (1.6kg)
Pole Vault
Javelin (800 G)
1500m Run

9:30 AM – BG-BB Triathlon

Shot Put (6lb)
High Jump
200/400m Dash BG/BB

Racewalks

10:00 3000m Racewalk Finals IG, IB, YW, YM
10:30 3000m Racewalk Finals YG, YB
11:00 1500m Racewalk Finals BG, BB, MG MB

Relays

1:00 PM 4x400 Relay Qualifying All Divisions
3:30 4x100 Relay Qualifying All Divisions

800 Meters

5:00 800m Run Finals All Divisions

Field Events:

Hammer Throw

8:00 AM IG/YW 4kg. IB/YM 12lb.
Athletes must provide own hammer.

Javelin:

4:00 PM Youth Girls (600g)
5:30 PM Youth Boys (600g)

Long Jump:

11:00AM SBB- Pit #1, SBG-Pit #2

SHOT PUT:

11:30 AM MB - (6lb)
1:00 PM MG - (6 lb)

SATURDAY, July 11, 2009**RUNNING EVENTS**

8:00 AM 5000m Run Finals YM
 8:30 AM 3000m Run Finals – MG/MB,
 IG/IB/YG/YB/YW
 10:45 Short Hurdle Qualifying
 80m MG/MB (30’’)
 100m YG (30’’)
 100m YB/IG/YW (33’’)
 110m IB/YM (39’’)
 11:30 AM 400m Dash Qualifying All Divisions
 1:15 PM 100m Dash Qualifying All Divisions
 3:00 200m Dash Qualifying All Divisions
 4:45 Long Hurdle Qualifying
 200m YG/YB (30’’)
 400m IG/YW (30’’)
 400m IB/YM (36’’)
 5:30 4 x 100 Relay Finals All Divisions

FIELD EVENTS**POLE VAULT**

9:00 AM YG/IG/YW – must provide own pole

TRIPLE JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
 10:00 AM IB – Pit # 2/IG Pit # 1
 11:00 AM YM – Pit # 2/YW Pit # 1

LONG JUMP:

1:00 PM BB -- Pit # 1/BG – Pit # 2
 3:00 MB – Pit # 1/MG – Pit # 2

HIGH JUMP

9:00 AM YM - Pit # 2
 9:00 AM BB - Pit #1
 11:00 AM IB - Pit # 2
 11:00 AM MB - Pit #1
 1:00 PM YB - Pit # 2

SHOT PUT:

8:30 AM SBB - (6 lb) - Pit #1
 8:30 AM YM - (12lb) - Pit # 2
 10:30 AM YB - (4kg) - Pit #1
 10:30 AM IB - (12lb) - Pit # 2
 1:00 PM BB - (6 lb) - Pit #1

DISCUS

9:00 AM MG – (1kg
 10:30 IG – (1kg)
 12:00 PM YG – (1kg)
 1:30 YW – (1kg)

JAVELIN

8:00 AM YW (600g)
 8:30 IG (600g)

MINI JAVELIN

9:00 AM BB (300g)
 10:30 AM BG (300g)
 12:00 PM MG (300g)
 1:30 MB (300g)

SUNDAY, July 12, 2009**RUNNING EVENTS**

8:00 AM 1500m Run Finals All Division
 10:00 AM Short Hurdles Finals
 10:45 AM 400 M Dash Finals
 12:30 PM 200m Hurdle Finals
 12:45 PM 400m Hurdle Finals
 1:00 PM 100m Dash Finals
 2; 15 PM 200 m Dash Finals
 4:00 PM 4 x 400 Relay Finals

FIELD EVENTS:**POLE VAULT**

9:00 AM YB/IB/YM – must provide own pole

DISCUS

9:00 AM YB (1kg)
 10:30 AM YM (1.6 kg)
 12:00 PM IB (1.6kg)
 2:00 PM MB (1kg)

HIGH JUMP

9:00 AM YW - Pit # 2
 9:00 AM BG - Pit #1
 11:00 AM IG - Pit # 2
 11:00 AM MG - Pit #1
 1:00 PM YG - Pit # 2

SHOT PUT

8:30 AM YW (4kg) - Pit # 2
 8:30 AM SBG (6lb) - Pit #1
 10:30 AM BG (6 lb)- Pit #1
 10:30 AM YG (6 lb) - Pit # 2
 12:30 PM IG (4kg) - Pit # 2

LONG JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
 11:00 AM IB – Pit # 2/IG Pit # 1
 1:00 PM YM – Pit # 2/YW Pit # 1

JAVELIN

8:00 AM YM (800g)
 8:30 AM IB (800g)

MINI JAVELIN

9:30 AM SBB (300g)
 11:30 AM SBG (300g)

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