

Region 3 Junior Olympic Track & Field Championships Official Schedule

See notes at bottom of page

SATURDAY, July 9th

9:00 AM - Field Events

Long Jump (17-18 G/B, 15-16 G/B, 13-14 G/B)
Shot Put All Ages

10:00 AM Field Events

High Jump All Ages Oldest to Youngest

10:45 AM - Track Events

4 x 800 m Relay Final (11/12 M & F - 13/14 M & F - 15/16 M & F- 17/18 M & F)
110m Hurdles Semi Finals (15/16 M - 17/18 M) *
100m Hurdles Semi Finals (13/14 M - 15/16 F -17-8 F- 13/14 F) *
80m Hurdles Semi Finals (11/12 F - 11/12 M) *
100m Dash Semi Finals (All age groups) *
(If 8 or less competitors, events will be run as finals)

1:00 PM Track Events

1500m Racewalk 9/10 G/B - 11/12G/B
3000m Racewalk 13/14 G/B - 15/16 G/B-17/18 G/B
200m Dash Semi (All age groups)
1500m Run Final (All age groups)
400m Dash Semi (All age groups) *
4 x 100m Relay Final (All age groups)

SUNDAY, July 10th

10:00 AM - Field Events

Triple Jump
Discus Throw

Pole Vault

9:00 AM Track Events

3000m Run Final

200m Hurdles Final
400m Hurdles Final

* 10:45 AM - Track Events

* 100m Dash Final

* 12:00 PM - Track Events

400m Dash Final

1:00 PM Track Events

110m Hurdles Final
100m Hurdles Final
80m Hurdles Final
800m Run Final
200m Dash Final *
4 x 400m Relay Final
2000m Steeplechase Final

(If 8 or less competitors, events will be run as finals)

1:00 PM Field Events

Long Jump	(8 & U G/B, 9-10 GB, 11/12 G/B)
Aero Javelin	11/12 F - 11/12 M
Turbo Javelin	8 &U F - 8 &U M - 9/10 F - 9/10 M

1:00 PM Field Events

Pole Vault
Javelin Throw
Hammer

Where all age groups are listed, girls will compete before boys from youngest to oldest age groups.

Please note the meet can run up tp (30) minutes ahead .

Failure to do so in will result in the athlete's elimination from the event.

Pole Vaulters have to be weighed and have their poles checked prior to competition.

**Throwers may use their own implements. Personal implements must be certified prior to competition.
Multiple pits may be available for simultaneous competiton. Please pay attention to announcements.**