

2016 USATF NORTH CAROLINA JUNIOR OLYMPIC CHAMPIONSHIPS

Aggie Stadium - Greensboro, NC

June 24-26, 2016

TENTATIVE SCHEDULE

(Events in RED are changes for 2016)

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<i>Will be advanced to Regional</i>	<i>Women's Heptathlon</i>
<i>Will be advanced to Regional</i>	<i>Men's Decathlon</i>
<i>Will be advanced to Regional</i>	<i>All Hammer Throw</i>

1. ALL implements will be provided. No Personal implements
2. Meet may run up to 30 minutes ahead of schedule
3. Check-in 45 prior to event
4. Top-8 will advance to finals in all events
5. Packets on Thursday available from 3pm-6pm
6. Tent setup in proper areas available after 3pm Thursday

FRIDAY

COMBINED EVENTS

9:00am 9-10 G&B Triathlon
Shot Put (6lb)
High Jump
200m/400m Dash 9-10G / 9-10B

10:00am 11-12 B&G Pentathlon

80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800m Girls / 1500m Boys

10:30am 13-14 B&G Pentathlon

100m Hurdles (13-14G 30" / 13-14B 33")
Shot Put (6lb 13-14G / 4 kg 13-14B)
High Jump
Long Jump
800m - Girls / 1500m Boys

RUNNING EVENTS

2000m Steeplechase

8:30am 15-16G / 17-18W (30")
9:00am 15-16B / 17-18M (36")

9:30am All 4x800m Relays

Race Walks (Finals)

10:45am 3000m All Ages and Genders
11:15am 1500m All Ages and Genders

800 Meters Finals

2:00pm All Divisions

FIELD EVENTS

Javelin

12:00p 17-18M (800g) 15-16B (800g)
1:30p 17-18W (600g) 15-16G (600g)
2:30p 13-14G (600g)
3:30p 13-14B (600g)

Pole Vault

9:00a All - Pole Vault

Triple Jump

9:00a 13-14G Pit #1 / 13-14B Pit #2
10:00a 15-16G Pit #1 / 15-16B Pit #2
11:00a 17-18G Pit #1 / 17-18B Pit #2

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SATURDAY

RUNNING EVENTS

8:00am	3000m Run Finals (All Divisions)
9:30am	Short Hurdle Qualifying
	80m 11-12B/G (30")
	100m 13-14G (30")
	100m 13-14B / 15-16G & 17-18W (33")
	110m 15-16B / 17-18M (39")
10:30am	400m Dash Qualifying All Divisions
1:30pm	100m Dash Qualifying All Divisions
3:30pm	200m Dash Qualifying All Divisions
5:00pm	Long Hurdle Qualifying
	200mH 13-14B/G (30")
	400mH 15-16/17-18W (30")
	400mH 15-16/17-18M (36")
6:00p	4x 100m Relay Finals All Divisions

FIELD EVENTS

Long Jump

11:00am	8&UG Pit #1 / 8&UB Pit #2
1:00p	9-10G Pit #1 / 9-10B Pit #2
3:30p	11-12G Pit #1 / 11-12B Pit #2

High Jump

9:00a	9-10B Pit #1
9:00a	17-18B Pit #2
11:00a	11-12B Pit #1
11:00a	15-16B Pit #2
1:00p	13-14B Pit #2

Shot Put

8:30a	8&U B (2kg)
8:30a	17-18M (12lb)
10:30a	13-14B (4kg)
10:30a	15-16B (12lb)
1:00p	9-10B (6lb)
1:00p	11-12B (6lb)

Discus

9:00a	11-12G (1kg)
10:30a	13-14G (1kg)
12:00p	15-16G (1kg)
2:00p	17-18W (1kg)

Mini-Javelin

9:00a	8&U G (300g)
10:30a	8&U B (300g)
12:00p	9-10G (300g)
1:30p	9-10B (300g)
3:00p	11-12G (300g)
4:30p	11-12B (300g)

SUNDAY

RUNNING EVENTS (All Finals)

8:00a	1500m Run
10:00a	Short Hurdles
10:45a	400m Dash
12:30p	200m Hurdles
12:45p	400m Hurdles
1:00p	100m Dash
2:15p	200m Dash
4:00p	4x 400m Relay

FIELD EVENTS

Long Jump

9:00a	13-14G Pit #1 / 13-14B Pit #2
11:30a	15-16G Pit #1 / 15-16B Pit #2
2:00p	17-18G Pit #1 / 17-18B Pit #2

High Jump

9:00a	9-10G Pit #1
9:00a	17-18W Pit #2
11:00a	11-12G Pit #1
11:00a	15-16G Pit #2
1:00p	13-14G Pit #2

Shot Put

8:30a	8&U G (2kg)
8:30a	17-18W (4kg)
10:30a	13-14G (6lb)
10:30a	15-16G (1kg)
1:00p	9-10G (6lb)
1:00p	11-12G (6lb)

Discus

9:00a	11-12B (1kg)
10:30a	13-14B (1kg)
12:00p	15-16B (1.6kg)
2:00p	17-18M (1.6kg)