

**USATF Region 6 Junior Olympic Track & Field Championships
Days 1 and 2
Combined Field Event Meet Schedule**

Combined Events (Day 1) Thursday July 11th 2019

| | | |
|------------|---|--------------------|
| 11:00 a.m. | Decathlon 100 Meter Dash Long Jump Shot Put High Jump 400 Meter Dash | (15-16 B, 17-18 B) |
| 11:30 a.m. | Heptathlon 100 Meter Hurdles High Jump Shot Put 200 Meter Dash | (15-16 G, 17-18 G) |

Combined Events (DAY 2) Friday July 12th 2019

| | | |
|------------|---|--|
| 8:00 A.M. | Decathlon 110 Meter Hurdles Discus Pole Vault\ Javelin 1500 Meters | 15-16/ B 17/18 B |
| 9:00 A.M. | Pentathlon | 11-12 G 13-14 G |
| 9:30 A.M. | Pentathlon 60 Meter Hurdles High Jump Shot Put Long Jump 800 G 1500 Biys | 11-12 B 13-14 B |
| 10:00 A.M. | Heptathlon Long Jump Javelin 800 Meters | 15-16 G 17-18 G |
| 12:30 P.M. | Triathlon | 9-10 G |
| 1:00 P,M | Triathlon High Jump Shot Put 200 G 400B | 9-10 B |
| 6:00 P.M. | HAMMER THROW | 15-16 G 17-18 G 15-16 B 17-18 B |

8 and Under Girls / Boys

9-10 Girls / Boys

11-12 Girls / Boys

13-14 Girls / Boys

15-16 Girls / Boys

17-18 Women / Men

**USATF Region 6 Junior Olympic Track & Field Championships
Day 3 Running Event Schedule**

Saturday July 13th, 2019

Running Event Trials/Finals

| | | |
|-----------|-------------------------------|---------------------------------|
| 8:00 a.m. | 3000 Meter Run (Finals) | 11-12, 13-14, 15-16, 17-18 G-B |
| | 400 Meter Hurdles | 15-16, 17-18 M (36") |
| | 400 Meter Hurdles | 15-16, 17-18 W (30") |
| | 200 Meter Hurdles | 13-14 G-B (30") |
| | 3000 Meter Race Walk (Finals) | 13-14, 15-16, 17-18 G-B |
| | 400 Meter Dash | ALL AGE DIVISIONS |
| | 4x800 Meter Relay (Finals) | 11-12, 13-14, 15-16, 17-18 G-B |
| | 100 Meter Dash | ALL DIVISIONS |
| | 80 Meter Hurdles | 11-12 G-B (30") |
| | 100 Meter Hurdles | 13-14 G (30") |
| | 100 Meter Hurdles | 13-14 B, 15-16 G, 17-18 W (33") |
| | 110 Meter Hurdles | 15-16 B, 17-18 M (39") |
| | 200 Meter Dash | ALL DIVISIONS |

8 and Under Girls / Boys

11-12 Girls / Boys

15-16 Girls / Boys

9-10 Girls / Boys

13-14 Girls / Boys

17-18 Women / Men

**USATF Region 6 Junior Olympic Track & Field Championships
Day 4 Running Event Schedule**

Sunday, July 14th, 2019

Running Event Finals

| | | |
|-----------|-------------------------|--|
| 8:00 a.m. | 1500 Meter Run (Finals) | ALL DIVISIONS |
| | 400 Meter Hurdles | 15-16 B, 17-18 M (36") |
| | 400 Meter Hurdles | 15-16 G, 17-18 W (30") |
| | 200 Meter Hurdles | 13-14 G-B (30") |
| | 4x100 Meter Relay | ALL DIVISIONS Run as a Final NO PRELIMS |
| | 400 Meter Dash | ALL DIVISIONS |
| | 80 Meter Hurdles | 11-12 G, 11-12 B (30") |
| | 100 Meter Hurdles | 13-14 G (30") |
| | 100 Meter Hurdles | 13-14 B, 15-16 G, 17-18 W (33") |
| | 110 Meter Hurdles | 15-16 B, 17-18 M (39") |
| | 100 Meter Dash | ALL DIVISIONS |
| | 800 Meter Run | ALL DIVISIONS |
| | 1500 Meter Race Walk | 9-10 G, 9-10 B, 11-12 G, 11-12 B |
| | 200 Meter Dash | ALL DIVISIONS |
| | 2000 Steeplechase | 15-16 G, 15-16 B, 17-18 W 17-18 M |
| | 4x400 Meter Relay | ALL DIVISIONS |

8 and Under Girls / Boys

11-12 Girls / Boys

15-16 Girls / Boys

9-10 Girls / Boys

13-14 Girls / Boys

17-18 Women/Men

**USATF Region 6 Junior Olympic Track & Field Championships
Field Event Meet Schedule**

Field Event Finals Day 1 – Saturday, July 13th, 2019

| | | | | | |
|------------------|---------------|------------------|---------|-------------------|---------------|
| 8:00 a.m. | | 9:30 a.m. | | 11:00 a.m. | |
| Long Jump | 8 and Under B | Jump | 9-10 G | Long Jump | 11-12 B |
| Shot Put | 9-10 B | Shot Put | 11-12 G | Shot Put | 8 and Under G |
| Discus | 13-14 G | High Jump | 15-16 G | Discus | 15-16 G |
| Long Jump | 11-12 G | Discus | 15-16 B | High Jump | 13-14 B |
| High Jump | 15-16 B | Long Jump | 17-18 M | Long Jump | 17-18 W |
| Javelin | 8 and Under G | Javelin | 9-10 B | Javelin | 11-12 G |

| | | | | | |
|-------------------|---------------|------------------|-------------|------------------|---------------|
| 12:30 p.m. | | 2:00 p.m. | | 3:30 p.m. | |
| Long Jump | 13-14 B | Long Jump | 15-16 B | Shot Put | 8 and Under B |
| Shot Put | 9-10 G | High Jump | 17-18 W | Discus | 17-18 W |
| Discus | 17-18 M | Discus | 13-14 B | Long Jump | 15-16 G |
| Long Jump | 13-14 G | Shot Put | 17-18 M | High Jump | 13-14 G |
| High Jump | 17-18 M | Javelin | 9-10 G | Javelin | 11-12 B |
| Javelin | 8 and Under B | Long Jump | 8 and Under | Long jump | 9-10 B |

8:30 a.m.
Pole Vault **13-14 G Followed by 13-14B**

11:30 a.m.
Pole Vault **15-16 G/ 17-18W**

2:00 p.m.
Pole Vault **15-16B /17-18M**

Field Event Finals Day 2 – Sunday, July 14th, 2019

| | | | | | |
|------------------|---------|------------------|---------|-------------------|---------|
| 8:00 a.m. | | 9:30 a.m. | | 11:00 a.m. | |
| High Jump | 9-10 G | High Jump | 9-10 B | High Jump | 11-12 B |
| Javelin | 13-14 B | Javelin | 17-18 M | Javelin | 13-14 G |
| Shot Put | 15-16 G | Shot Put | 17-18 W | Shot Put | 15-16 B |
| Discus | 11-12 G | Triple Jump | 13-14 G | Triple Jump | 15-16 G |
| Triple Jump | 15-16 B | Discus | 11-12 B | | |

| | | | | | |
|-------------------|---------|------------------|---------|------------------|---------|
| 12:30 p.m. | | 2:00 p.m. | | 3:30 p.m. | |
| High Jump | 11-12 G | Javelin | 15-16 G | Javelin | 15-16 B |
| Triple Jump | 13-14 B | Triple Jump | 17-18 W | Triple Jump | 17-18 M |
| Javelin | 17-18 W | Shot Put | 13-14 G | Shot Put | 13-14 B |
| Shot Put | 11-12 B | | | | |

8 and Under Girls / Boys

11-12 Girls / Boys

15-16 Girls / Boys

9-10 Girls / Boys

13-14 Girls / Boys

17-18 Women / Men

