

Schedule of Events

* tentative and subject to change*

All athletes must check-in for their events.

All Running events except for 100m and 200m are timed finals.

All 100m and 200m events will have prelims (Friday) and Finals (Saturday)

If there are less than 10 competitors in a division it will be run as a timed final on Saturday.

There will be four attempts in lieu of the three preliminary and three final attempts for all horizontal jumps and throwing events.

THURSDAY June 20th, 2024

2:00 p.m. Decathlon 15-16B, 17-18B 100m, LJ, SP (12lb), HJ, 400m

2:10 p.m. Pentathlon 13-14B 100mH (33"), SP(4kg), HJ, LJ, 1500m

2:15 p.m. Heptathlon 15-16G, 17-18G 100mH (33"), HJ, SP(4kg), 200m

2:40 p.m. Pentathlon 13-14G 100mH (30"), SP (6lb), HJ, LJ, 800m

6:30 p.m. 3000m 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

FRIDAY June 21st, 2024

11:00 a.m. Decathlon 15-16B, 17-18B 110mH (39"), Discus (1.6kg), PV, Jav (800g), 1500m

11:00 a.m. Heptathlon 15-16G, 17-18G LJ, Jav (600g), 800m

11:10 a.m. Pentathlon 11-12B 80mH (30"), SP (6lb), HJ, LJ, 1500m

12:00 p.m. Triathlon 9-10G, 9-10B SP(6lb), HJ, 200mG -400mB

12:00 p.m. Pentathlon 11-12G 80mH (30"), SP (6lb), HJ, LJ, 800m

4:30 p.m. 100m Prelims All Ages Divisions 8U through 17-18 G & B

Finals will be held on Saturday if there are 10 or less athletes in the age division.

5:30 p.m. Hammer Throw 15-16/17-18G(4kg) followed by 15-16/17-18B(12lb)

6:00 p.m. 4x800m Relay All age divisions 11-12 through 17-18 G&B

6:30 p.m. 200m Prelims All Ages Divisions 8U through 17-18 G & B

Finals will be held on Saturday if there are 10 or less athletes in the age division.

7:30 p.m. 2000m Steeplechase 15-16/17-18G (30") followed by 15-16/17-18B (36")

SATURDAY June 22nd, 2024

9:00 a.m. 1500m All Ages Divisions 8U G/B through 17-18 G/B

10:00 a.m. 400mH 15-16B (36"), 17-18B (36"), 15-16G (30"), 17-18G (30")

10:30 a.m. 200mH 13-14G (30"), 13-14B (30")

10:45 a.m. 4x100m Relay All Ages Divisions 8U G/B through 17-18 G/B

11:00 a.m. 400m All Ages Divisions 8U G/B through 17-18 G/B

12:00 p.m. 3000m Race Walk All Ages Divisions 8U G/B through 17-18 G/B

LUNCH BREAK

12:30 p.m. 100m Finals All Ages Divisions 8U G/B through 17-18 G/B

1:00 p.m. 110mH 15-16B (39"), 17-18B (39")

1:30 p.m. 100mH 15-16G (33"), 17-18G (33"), 13-14B (33"), 13-14G (30")

2:00 p.m. 80mH 11-12G (30"), 11-12B (30")

2:30 p.m. 800m All Ages Divisions 8U G/B through 17-18 G/B

3:00 p.m. 200m Finals All Ages Divisions 8U G/B through 17-18 G/B

3:30 p.m. 4x400m Relay All Ages Divisions 8U G/B through 17-18 G/B

***Although there are times next to the events on the schedule, we may adjust the schedule where it is needed up to 30 minutes ahead. We will attempt to stay ahead of schedule whenever possible. It is up to the coaches, athletes, and parents to pay attention to what is going on, and listen for event call times.**

USATF JO REGION 11 CHAMPIONSHIPS FIELD EVENTS SATURDAY JUNE 22, 2024

	LONG JUMP 1	LONG JUMP 2	HIGH JUMP	POLE VAULT	DISCUS	SHOT PUT	JAVELIN
9:00 AM	17-18 G	U8 B+G	9-14 G			15-18 G 4k	15-18 B 800g
10:00 AM	17-18 B	9-10 G		All Girls	11-14 B 1k	15-18 B 12lb	13-18 G 600g
11:00 AM	15-16 G	9-10 B	9-14 B			8U G+B 2kg	13-14 B 600g
12:00 PM	15-16 B	11-12 G			All Girls 1k	13-14 B 4kg	11-12 G+B aero
1:00 PM	13-14 G	11-12 B	15-18 G			9-12 B 6lb	8-10 G+B mini
2:00 PM	Catch Up	13-14 B		All Boys	15-18 B 1.6k	9-14 G 6lb	
3:00 PM	TJ 15-18 G	Not used	15-18 B				
4:00 PM	TJ 15-18 B	Not Used					
5:00 PM	TJ 13-14 G	TJ 13-14 B					