

## 2024 Region 11 - 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.

\*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.

### THURSDAY June 20<sup>th</sup>, 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 21<sup>st</sup>, 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: 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Boys, 17-18 Boys. *If 10 or fewer athletes check in for the above list of prelim heats - the race will run as a final on Saturday.*

*\*\* 8U Girls, 8U Boys, 9-10 Girls, 15-16 Girls, 17-18 Girls will be run as straight Final on Saturday*

**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: 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-14 Girls, 13-14 Boys, 15-16 Boys, 17-18 Boys. *If 10 or fewer athletes check in for the above list of prelim heats - the race will run as a final on Saturday.*

*\*\*8U Girls, 8U Boys, 15-16 Girls, 17-18 Girls will be run as a straight Final on Saturday.*

**7:30 p.m.** 2000m Steeplechase 13-14 B&G /15-16/17-18G (30") followed by 15-16/17-18B (36")

**SATURDAY June 22<sup>nd</sup>, 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

# 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        |
|-----------------|-------------|-------------|-----------|------------|--------------|--------------|----------------|
| <b>9:00 AM</b>  | 17-18 G     | U8 B+G      | 9-14 G    |            |              | 15-18 G 4k   | 15-18 B 800g   |
| <b>10:00 AM</b> | 17-18 B     | 9-10 G      |           | All Girls  | 11-14 B 1k   | 15-18 B 12lb | 13-18 G 600g   |
| <b>11:00 AM</b> | 15-16 G     | 9-10 B      | 9-14 B    |            |              | 8U G+B 2kg   | 13-14 B 600g   |
| <b>12:00 PM</b> | 15-16 B     | 11-12 G     |           |            | All Girls 1k | 13-14 B 4kg  | 11-12 G+B aero |
| <b>1:00 PM</b>  | 13-14 G     | 11-12 B     | 15-18 G   |            |              | 9-12 B 6lb   | 8-10 G+B mini  |
| <b>2:00 PM</b>  | Catch Up    | 13-14 B     |           | All Boys   | 15-18 B 1.6k | 9-14 G 6lb   |                |
| <b>3:00 PM</b>  | TJ 15-18 G  | Not used    | 15-18 B   |            |              |              |                |
| <b>4:00 PM</b>  | TJ 15-18 B  | Not Used    |           |            |              |              |                |
| <b>5:00 PM</b>  | TJ 13-14 G  | TJ 13-14 B  |           |            |              |              |                |