



## Region 1 Junior Olympic Championships Thursday, June 28, 2018

**Packet Pickup/Wristband Table Opens: 1:00pm**

Times given are approximates only. The schedule may vary due to the number of participants. Please check in with your escort and/or clerk for your event. **SHEETS** will be at the clerk area. **Coaches should scratch non attending Athletes on these sheets.** **One hour prior to the event, scratch sheets will be picked up, Masters must bring their own age appropriate implements.**

TRACK SCHEDULE				High Jump 1	High Jump 2	Shot Put 1	Shot Put 2	Long Jump 1	Long Jump 2
2:00	100m Dash		15-18 Decathlon			8U G Tri 9-10 G Tri	8U B Tri 9-10 B Tri		
2:30	80m HH	30"	11-12 G Pent						
	80m HH	30"	11-12 B Pent					8U G Tri	8U B Tri
2:45				9-10 G Tri	9-10 B Tri			15-18 Dec	
3:00	100m HH	30"	13-14 G Pent						
3:15	100m HH	33"	13-14 B Pent	11-12 G Pent	11-12 B Pent				
3:20	100m HH	33"	15-18 Heptathlon						
3:30	100m Dash		8U G Triathlon						
3:45	200m Dash		8U B Triathlon 9-10 G Triathlon	13-14 G Pent	13-14 B Pent				
	400m Dash		9-10 B Triathlon						
4:00	1500m RW		9-12 Girls/Boys	3.75 laps		15-18 Hep	15-18 Dec		
	3000m RW		13 -18 Girls/Boys	7.5 laps					
	3000m RW		Open/Masters	7.5 laps					
4:30	2000m ST	30"	15-18 Girls	5 laps		11-12 G Pent	11-12 B Pent		
		36"	15-18 Boys	5 laps					
5:00	3000m ST	36"	Open/Masters	7.5 laps	15-16 Hep	15-16 Dec			
5:30						13-14 G Pent	13-14 B Pent	11-12 G Pent	11-12 B Pent
6:15	800m Run		11-12 G Pent						
	1500m Run		11-12 B Pent						
6:30	200m Dash		15-18 Hep					13-14 G Pent	13-14 B Pent
	400m Dash		15-18 Dec						
6:45	800m Run		13-14 G Pent						
	1500m Run		13-14 B Pent						



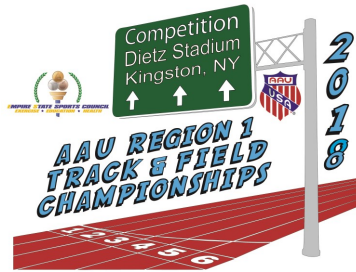
## Region 1 Junior Olympic Championships Friday, June 29, 2018

**Packet Pick-up/Wristband Table Opens: 8:00am**

Times given are approximates only. The schedule may vary due to the number of participants. Please check in with your escort and/or clerk for your event or with the official at the field event venue. **SCRATCH SHEETS** will be at the clerk area. **Coaches should scratch non attending Athletes on these sheets. One hour prior to the event, scratch sheets will be picked up, Masters must bring their own age appropriate implements.**

TRACK SCHEDULE					Long Jump	Discus		Javelin		Pole Vault
9:00	F	110m HH	39"	15-18 Dec		15-18 Hep				
9:30	F	4x800 Relay		11 and older		8U Girls	15-18 Dec	1.6k		
9:45									15-18 Hep	600g
10:00	F	400 IH	36"	15-18 Boys			11 Girls	1k		
	F		30"	15-18 Girls			11 Boys	1k		
10:30	F	200IH	30"	13-14 Girls		8U Boys	12 Girls	1k		
	F			13-14 Boys			12 Boys	1k		
10:40	F	800m		15-18 Hep						
11:00	F	3000m Run		11 and older	7.5 laps	9 Girls	13 Girls	1k		15-18 Dec
							13 Boys	1k		
12:00	S	200m Dash		All divisions		9 Boys	14 Girls	1k		13 and older
							14 Boys	1k		
1:00						10 Girls	15-16 Girls	1k	15-18 Dec	800g
1:30							15-16 Boys	1.6k		
2:00	F	1500m Run		15-18 Dec	3.75 laps	10 Boys	17-18 Girls	1k		
2:15										
2:30							17-18 Boys	1.6k		
							O/M Women			
							O/M Men			





## Region 1 Junior Olympic Championships Sunday, July 1, 2018

**Packet Pickup/Wristband Table Opens: 8:00am**

Times given are approximates only. The schedule may vary due to the number of participants. Please check in with your official at the field event venue. Masters must bring their own age appropriate implements. **SCRATCH SHEETS** will be at the clerk area. **Coaches should scratch non attending Athletes on these sheets. One hour prior to the event, scratch sheets will be picked up,**

TRACK SCHEDULE				Triple Jump	High Jump 1	High Jump 2	Javelin		
9:00	F	80m HH	30"	11 Girls	13 Girls	9 Girls	9 Boys	15-16 Girls - 11	600g
	F			12 Girls					
	F			11 Boys	13 Boys				
	F			12 Boys					
	F	100m HH	30"	13 Girls					
	F			14 Girls					
9:30	F	100m HH	33"	13 Boys	14 Girls	10 Girls	10 Boys	15-16 Boys	800g
	F			14 Boys	14 Boys				
	F	100m HH	33"	15-16 Girls					
	F			17-18 Girls					
	F	110m HH	39"	15-16 Boys					
	F			17-18 Boys					
10:00	F	100m Dash		All Divisions	15-16 Girls	11 Girls	11 Boys	17-18 Girls	600g
10:30					15-16 Boys	12 Girls	12 Boys	17 - 18 Boys	800g
11:00	F	800m Run		All Divisions	17 - 18 Girls	13 Girls	13 Boys	13 Girls	600g
11:30					17 - 18 Boys	14 Girls	14 Boys	13 Boys	600g
12:00									
12:30	F	200m Dash		All Divisions	O/M Women				
1:00					O/M Men	15-16 Girls	15-16 Boys	14 Girls	600g
						17-18 Girls	17-18 Boys	14 Boys	600g
1:30	F	4x400 Relay		All Division				O/M Women	600g
						O/M Women	O/M Men	O/M Men	800g