



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

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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 Saturday, June 30, 2018

Packet Pickup/Wristband Table Opens: 8:00am

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TRACK SCHEDULE					Long Jump 1	Shot Put 1		Javelin		
9:00	S	80m HH	30"	11-12 Girls	No semis in any age group of high hurdles. All results will be based on Finals on Sunday.	15-16 Girls	8U Girls	2k	10 Girls	400g
	S	80m HH	30"	11-12 Boys			8U Boys	2k		
	S	100m HH	30"	13-14 Girls			9 Girls	6#		
9:30	S	100m HH	33"	13-14 Boys		15-16 Boys	9 Boys	6#	10 Boys	400g
	S	100m HH	33"	15-18 Girls			10 Girls	6#		
	S	110 HH	39"	15-18 Boys			10 Boys	6#		
						11 Girls	6#			
						11 Boys	6#			
10:00	S	100m Dash		All Divisions		17-18 Girls	12 Girls	6#	11 Girls	400g
10:30						17-18 Boys	12 Boys	6#	11 Boys	400g
11:00						13 Girls			12 Girls	400g
11:30						13 Boys	13 Girls	6#	12 Boys	400g
12:00	F	1500m Run		All Divisions	3.75 laps	14 Girls	13 Boys	4k		
12:30						14 Boys	14 Girls	6#		
1:00						11 Girls	14 Boys	6#	8U Girls	300g
1:30						11 Boys	15-16 Girls	4k	8U Boys	300g
2:00	F	4x100 Relay		All Divisions		12 Girls	15-16 Boys	12#	9 Girls	400g
2:30						12 Boys	17-18 Girls	4k	9 Boys	400g
3:00	F	400m Dash		All Divisions		O/M Women	17-18 Boys	12#		
3:30						O/M Men	O/M Women	4K		
							O/M Men	16#		



Region 1 Junior Olympic Championships Sunday, July 1, 2018

Packet Pickup/Wristband Table Opens: 8:00am

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