



## Region 1 Junior Olympic Championships Thursday, June 25, 2026

**Packet Pickup/Wristband Table Opens: 12:00pm**

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
1:00	100m Dash		15-18 Decathlon						
1:05	80m HH	30"	11-12 G Pent						
	80m HH	30"	11-12 B Pent						
1:35				11-12 G Pent	11-12 B Pent			15-18 Dec	
2:00	100m HH	30"	13-14 G Pent			9-10 G Tri	9-10 B Tri		
2:05	100m HH	33"	13-14 B Pent						
2:20	100m HH	33"	15-18 Heptathlon						
2:30				9-10 G Tri	9-10 B Tri				
2:45				13-14 G Pent	13-14 B Pent				
3:00	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					
3:30	200m Dash		9 -10 G Triathlon			11-12 G Pent	11-12 B Pent		
	400m Dash		9-10 B Triathlon						
4:00	3000m		11 and older	7.5 laps	15-18 Hep	15-18 Dec			
4:30						13-14 G Pent	13-14 B Pent	11-12 G Pent	11-12 B Pent
5:15	800m Run		11-12 G Pent						
	1500m Run		11-12 B Pent						
5:30	200m Dash		15-18 Hep					13-14 G Pent	13-14 B Pent
	400m Dash		15-18 Dec						
5:45	800m Run		13-14 G Pent						
	1500m Run		13-14 B Pent						







## Region 1 Junior Olympic Championships Sunday, June 29, 2026

**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	12 Girls	12 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	13 Girls	13 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	14 Girls	14 Boys	17-18 Girls	600g
10:30	F	800m Run		All Divisions	15-16 Boys			17 - 18 Boys	800g
11:00					17 - 18 Girls	15-16 Girls	15-16 Boys	13 Girls	600g
11:30					17 - 18 Boys			13 Boys	600g
12:00	F	Steeplechase	30"	15-16, 17-18 Girls		17-18 Girls	17-18 Boys		
			36"	15-16, 17-18 Boys					
12:30	F	200m Dash		All Divisions	O/M Women			14 Girls	600g
1:00					O/M Men	O/M Women	O/M Men	14 Boys	600g
1:30	F	4x400 Relay		All Division				O/M Women	600g
								O/M Men	800g