

# 2019 USATF NORTH CAROLINA JUNIOR OLYMPIC CHAMPIONSHIPS

Durham County Stadium – Durham, NC

June 20-22

## TENTATIVE SCHEDULE

### THURSDAY

#### COMBINED EVENTS

**9:00am**     **9-10 G&B Triathlon**  
Shot Put (6lb)  
High Jump  
200m/400m Dash 9-10G / 9-10B

**10:00am**     **11-12 B&G Pentathlon**  
80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
800m Girls / 1500m Boys

**10:30am**     **13-14 B&G Pentathlon**  
100m Hurdles (13-14G 30" / 13-14B 33")  
Shot Put (6lb 13-14G / 4 kg 13-14B)  
High Jump  
Long Jump  
800m Girls / 1500m Boys

#### RUNNING EVENTS

##### 2000m Steeplechase

**8:30am**     15-16G / 17-18W (30")

**9:00am**     15-16B / 17-18M (36")

**9:30am**     All 4x800m Relays

##### Race Walks (Finals)

**10:45am**     3000m ALL Ages and Genders

**11:15am**     1500m ALL Ages and Genders

##### 800 Meters Finals

**2:00pm**     ALL Divisions

#### FIELD EVENTS

##### Javelin

**12:00pm**     15-16B (800g) / 17-18M (800g)

**1:30pm**     15-16G (600g) / 17-18W (600g)

**2:30pm**     13-14G (600g)

**3:30pm**     13-14B (600g)

##### Pole Vault

**9:00am**     ALL Divisions

##### Triple Jump

**9:00am**     13-14G Pit #1 / 13-14B Pit #2

**10:00am**     15-16G Pit #1 / 15-16B Pit #2

**11:00am**     17-18W Pit #1 / 17-18M Pit #2

**Will be advanced to Regional**

**Women's Heptathlon**

**Will be advanced to Regional**

**Men's Decathlon**

**Will be advanced to Regional**

**All Hammer Throw**

1. ALL implements will be provided. No personal implements.
2. Meet may run up to 30 minutes ahead of schedule.
3. Check-in 45 minutes prior to scheduled event.
4. Top-8 will advance to finals in all events.

**FRIDAY****RUNNING EVENTS**

<b>8:00am</b>	<b>3000m Run Finals - ALL Divisions</b>
<b>9:30am</b>	<b>Short Hurdle Qualifying</b>
	<b>80m 11-12B/G (30")</b>
	<b>100m 13-14G (30")</b>
	<b>100m 13-14B / 15-16G / 17-18 W (33")</b>
	<b>110m 15-16B / 17-18M (39")</b>
<b>10:30am</b>	<b>400m Dash Qualifying - ALL Divisions</b>
<b>1:30pm</b>	<b>100m Dash Qualifying - ALL Divisions</b>
<b>3:30pm</b>	<b>200m Dash Qualifying - ALL Divisions</b>
<b>5:00pm</b>	<b>Long Hurdle Qualifying</b>
	<b>200mH 13-14B/G (30")</b>
	<b>400mH 15-16G / 17-18W (30")</b>
	<b>400mH 15-16B / 17-18M (36")</b>
<b>6:00pm</b>	<b>4x100m Relay Finals - ALL Divisions</b>

**FIELD EVENTS****Long Jump**

<b>11:00am</b>	<b>8&amp;U G Pit #1 / 8&amp;U B Pit #2</b>
<b>1:00pm</b>	<b>9-10G Pit #1 / 9-10B Pit #2</b>
<b>3:30pm</b>	<b>11-12G Pit #1 / 11-12B Pit #2</b>

**High Jump**

<b>9:00am</b>	<b>9-10B Pit #1 / 17-18M Pit #2</b>
<b>11:00am</b>	<b>11-12B Pit #1 / 15-16B Pit #2</b>
<b>1:00pm</b>	<b>13-14B Pit #2</b>

**Shot Put**

<b>8:30am</b>	<b>8&amp;U B (2kg) / 17-18M (12lb)</b>
<b>10:30am</b>	<b>13-14B (4kg) / 15-16B (12lb)</b>
<b>1:00pm</b>	<b>9-10B (6lb) / 11-12B (6lb)</b>

**Discus**

<b>9:00am</b>	<b>11-12G (1kg)</b>
<b>10:30am</b>	<b>13-14G (1kg)</b>
<b>12:00pm</b>	<b>15-16G (1kg)</b>
<b>2:00pm</b>	<b>17-18W (1kg)</b>

**Mini-Javelin**

<b>9:00am</b>	<b>8&amp;U G (300g)</b>
<b>10:30am</b>	<b>8&amp;U B (300g)</b>
<b>12:00pm</b>	<b>9-10G (300g)</b>
<b>1:30pm</b>	<b>9-10B (300g)</b>
<b>3:00pm</b>	<b>11-12G (450g AeroJav/FinnFlier)</b>
<b>4:30pm</b>	<b>11-12B (450g AeroJav/FinnFlier)</b>

**SATURDAY****RUNNING EVENTS**

<b>8:00am</b>	<b>1500m Run</b>
<b>10:00am</b>	<b>Short Hurdles</b>
<b>10:45am</b>	<b>400m Dash</b>
<b>12:30pm</b>	<b>200m Hurdles</b>
<b>12:45pm</b>	<b>400m Hurdles</b>
<b>1:00pm</b>	<b>100m Dash</b>
<b>2:15pm</b>	<b>200m Dash</b>
<b>4:00pm</b>	<b>4x400m Relay</b>

**FIELD EVENTS****Long Jump**

<b>9:00am</b>	<b>13-14G Pit #1 / 13-14B Pit #2</b>
<b>1:00pm</b>	<b>15-16G Pit #1 / 15-16B Pit #2</b>
<b>3:30pm</b>	<b>17-18W Pit #1 / 17-18M Pit #2</b>

**High Jump**

<b>9:00am</b>	<b>9-10G Pit #1 / 17-18W Pit #2</b>
<b>11:00am</b>	<b>11-12G Pit #1 / 15-16G Pit #2</b>
<b>1:00pm</b>	<b>13-14G Pit #2</b>

**Shot Put**

<b>8:30am</b>	<b>8&amp;U G (2kg) / 17-18W (4kg)</b>
<b>10:30am</b>	<b>13-14G (6lb) / 15-16G (4kg)</b>
<b>1:00pm</b>	<b>9-10G (6lb) / 11-12G (6lb)</b>

**Discus**

<b>9:00am</b>	<b>11-12B (1kg)</b>
<b>10:30am</b>	<b>13-14B (1kg)</b>
<b>12:00pm</b>	<b>15-16B (1.6kg)</b>
<b>2:00pm</b>	<b>17-18M (1.6kg)</b>