

**2018 AAU NORTH CAROLINA (AREA 25) REGIONAL QUALIFIER
MULTI-EVENTS/TRACK & FIELD MEET SCHEDULE**

FINAL MEET SCHEDULE WILL BE POSTED ON JUNE 26, 2019

THURSDAY, JUNE 27, 2019

COMBINED EVENTS

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	
1:00 PM	DECATHLON 15&16 (DAY 1)	100M, LJ, SP, HJ, 400M
	TRIATHLON 9B, 10B (FINALS)	HJ, SP, 400M
1:30 PM	DECATHLON 17&18 (DAY 1)	100M, LJ, SP, HJ, 400M
	TRIATHLON 9G,10G (FINALS)	HJ, SP, 200M
1:00 PM	HEPTATHLON 15&16G (DAY 1)	100M H, HJ, SP, 200M
1:30 PM	HEPTATHLON 17&18W (DAY 1)	100M H, HJ, SP, 200M

FRIDAY, JUNE 28, 2019

COMBINED EVENTS

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	
9:00 AM	DECATHLON 15&16B (DAY 2)	110M H, DT, PV, JAV, 1500M
	HEPTATHLON 15&16 G (DAY 2)	LJ, JAV, 800M
9:30 AM	DECATHLON 17&18M (DAY 2)	110M H, DT, PV, JAV, 1500M
	HEPTATHLON 17&18W (DAY 2)	LJ, JAV, 800M
9:00 AM	PENTATHLON 13G/14G (FINALS)	100M H, LJ, SP, HJ, 800M
9:15 AM	PENTATHLON 11G/12G (FINALS)	80M H, HJ, SP, LJ, 800M
9:30 AM	PENTATHLON 13B/14B (FINALS)	100M H, LJ, SP, HJ, 1500M
9:45 AM	PENTATHLON 11B/12B (FINALS)	80M H, HJ, SP, LJ, 1500M

** ALL EVENTS WILL BE CONTESTED APPROXIMATELY 30 MINUTES AFTER THE PRECEDING EVENT IS COMPLETED. THE 30 MINUTE REST PERIODS WILL INCLUDE REST, FOOD, MEASURING STEPS, AND WARM-UP.*

** ATHLETES COMPETING IN BOTH MULT-EVENT COMPETITION AND TRACK & FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS.*

FRIDAY, JUNE 28, 2019

RUNNING EVENTS

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	
1:00 PM	1500M RACE WALK (9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	FINALS
	3000M RACE WALK (13G, 13B, 14G, 14B, 15&16G, 15&16B, 17&18W, 17&18M)	FINALS
3:00 PM	STEEPLECHASE (15&16B/G,17&18B/G)	FINALS
4:00 PM	4 X 800M RELAY (11&12G, 11&12B, 13&14G, 13&14B, 15&16G, 15&16B, 17&18W, 17&18M)	FINALS
5:00PM	200M DASH (ALL DIVISIONS)	SEMI FINALS

FIELD EVENTS

5:00PM	TURBO JAVELIN (8&UG,9G, 10G, 11B, 12G; 8 & underB,9B,10B, 11B,12B)
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SATURDAY, JUNE 29, 2019

Any Semi-Finals running event with 8 or less participants will be ran as a FINALS.

RUNNING EVENTS

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	
9:00 AM	3000M RUN (11G,11B,12B,13G,13B,14G,14G,15&16G,15&16B,17-18W,17-18M)	FINALS
	200M HURDLES (13G, 13B, 14G, 14B)	FINALS
	400M HURDLES (15&16G, 17&18W, 15&16B, 17&18M)	FINALS
	100M DASH (ALL DIVISIONS)	SEMI FINALS
	800M RUN (ALL DIVISIONS)	FINALS
	80M HURDLES (11B, 11B, 12B, 12B)	SEMI FINALS
	100M HURDLES (13G, 14G, 13B, 14B, 15&16G, 17&18W)	SEMI FINALS
	110M HURDLES (15&16B, 17&18M)	SEMI FINALS
	400M DASH (ALL DIVISIONS)	FINALS
	4 X 100M RELAY (ALL DIVISIONS)	FINALS

FIELD EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>AGE GROUP</u>
9:00 AM	HIGH JUMP	(9G/10G, 9B/10B, 11G/12G, 11B/12B 13G/14G 13B/14B)
	LONG JUMP	(All age divisions starting with 8&U)
	SHOT PUT	(All age divisions starting with 8&under)
	JAVELIN	(13G/14G, 13B/14B, 15&16G/17&8W,15&16B/17&18M)
	POLE VAULT	(13G/14G, 13B/14B, 15&16G/17&18W,15&16B/17&18M)

SUNDAY, JUNE 30, 2019

RUNNING EVENTS

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	
9:00 AM	1500M RUN (ALL DIVISIONS)	FINALS
	200M DASH (ALL DIVISIONS)	FINALS
	80M HURDLES (11G, 11B, M12, 12B)	FINALS
	100M HURDLES (13B, 14G, 13B, 14B, 15&16G, 17&18W)	FINALS
	110M HURDLES (15&16B, 17&18M)	FINALS
	100M DASH (ALL DIVISIONS)	FINALS
	4 X 400M RELAY (9-10 G/B,11-12G/B,13-14G/B,15&16G/B, 17&18YW/YM)	FINALS

FIELD EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>AGE GROUP</u>
9:00 AM	HIGH JUMP	(15&16G/17&18W,15&16B/17&18M)
	TRIPLE JUMP	(13G/14G,13B/14B,15&16G/17&18W,15&16B/17&18M)
	DISCUS	(11G/12G,11B/12B,13G/14G,13B/14B,15&16G, 15&16B, 17&18W/17&18M)

For further meet information please contact:
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