



North Carolina A&T State University
Greensboro, NC
July 6-9

SCHEDULE OF EVENTS

THURSDAY

COMBINED EVENTS:

9:00 AM– 15-16 G & 17-18 W Heptathlon (1st Day)
100m Hurdles (33")
High Jump
Shot Put (4kg)
200m Dash

9:30 AM- 11-12 B&G Pentathlon
80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run 13-14 G/13-14 B

10:00 AM – 13-14 B&G Pentathlon
100m Hurdles (13-14 G 30"/13-14 B 33")
Shot Put (6lb 13-14 G/4 kilos 13-14 B)
High Jump
Long Jump
800/1500 Run 13-14 G/13-14 B

10:30 AM 15-16 B & 17-18 M Decathlon (1st Day)
100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

RUNNING EVENTS:

5:00 PM 4 x 800 Relay Finals (ALL)

Running Event Information

- *RUNNING EVENTS MAY MOVE UP TO 30 MINUTES AHEAD OF SCHEDULE AFTER START*
- Qualifying from prelims to finals via USATF rules.
- If 8 or less show up for prelims, they will be run as finals at that time.
- All starting blocks and relay batons are provided. Do not bring your own.

FRIDAY

COMBINED EVENTS:

9:00 AM- 15-16 G & 17-18 W Heptathlon (2nd Day)
Long Jump
Javelin (600g)
800m Run

9 AM- 15-16 B & 17-18 M Decathlon (2nd DAY)
110m Hurdles (39")
Discus (1.6kg)
Pole Vault
Javelin (800g)
1500m Run

9:30 AM – 9-10 G/9-10 B Triathlon
Shot Put (6lb)
High Jump
200/400m Dash 9-10 G/9-10 B

RUNNING EVENTS:

8:00 AM 2000m Steeplechase 15-16 G/17-18 W (30")
15-16 B/17-18 M (36")

Race Walks (Finals)
10:00 3000m All
11:00 1500m All

Relays

1:00 PM 4x400 Relay Qualifying (All Divisions)
3:30 4x100 Relay Qualifying (All Divisions)

800 Meters

5:00 800m Run All Divisions

FIELD EVENTS:

Hammer Throw
9:00 AM 15-16/17-18 W (4kg).15-16/ 17 M (12lb)
Athletes must provide own hammer.

Javelin:
12:00 PM 13-14 G (600g)
1:30 PM 13-14 B (600g)

Long Jump:

11:00AM 8&U G Pit #1/8&U B-Pit #2

SATURDAY

RUNNING EVENTS:

8:30 AM	3000m Run Finals All ages
10:45	Short Hurdles Qualifying
	80m 11-12 B/G (30")
	100m 13-14 G (30")
	100m 13-14 B/15-16 G & 17-18 W (33")
	110m 15-16 B/17-18 M (39")
11:30 AM	400m Dash Qualifying All Divisions
1:15 PM	100m Dash Qualifying All Divisions
3:00	200m Dash Qualifying All Divisions
4:45	Long Hurdles Qualifying
	200m 13-14 B/G (30")
	400m 15-16/17-18 W (30")
	400m 15-16/17-18 M (36")
5:30	4 x 100 Relay Finals

FIELD EVENTS:

Pole Vault
9:00 AM All Females – must provide own pole

Triple Jump

9:00 AM	13-14 G Pit #1 / 13-14 B Pit #2
10:00 AM	15-16 G Pit #1 / 15-16 B Pit #2
11:00 AM	17-18 W Pit #1 / 17-18 M Pit #2

Long Jump

1:00 PM	9-10 G Pit #1 / 9-10 B Pit #2
3:00	11-12 G Pit #1 / 11-12 B Pit #2

High Jump

9:00 AM	17-18 B Pit #2
9:00 AM	9-10 B Pit #1
11:00 AM	15-16 B Pit #2
11:00 AM	11-12 B Pit #1
1:00 PM	13-14 B Pit #2

Shot Put

9:00 AM	17-18 M (12lb)
10:30 AM	15-16 B (12lb)
12:00 PM	13-14 B (4kg)
1:30 PM	11-12 B (6lb)
3:00 PM	9-10 B (6lb)
4:30 PM	8&U B (2kg)

Discus

10:30 AM	11-12 G (1kg)
12:00 PM	13-14 G (1kg)
..1:30	15-16 G (1kg)
3:00	17-18 W (1kg)

Javelin

8:00 AM	15-16 G (600g)
9:30 AM	17-18 W (600g)

Mini-Javelin

9:00 AM	9-10 G (300g)
10:30 AM	9-10 B (300g)

Aero Javelin (2017)

12:00 PM	11-12 G (450g)
3:30	11-12 B (450g)

SUNDAY

RUNNING EVENTS (All Finals):

8:00 AM	1500m Run
10:00 AM	Short Hurdles
10:45 AM	400 M Dash
12:30 PM	200m Hurdles
12:45 PM	400m Hurdles
1:00 PM	100m Dash
2:15 PM	200 m Dash
4:00 PM	4 x 400 Relay

FIELD EVENTS:

Pole Vault
9:00 AM All Males – must provide own pole

Discus

11:30 AM	13-14 B (1kg)
1:00 PM	17-18 M (1.6 kg)
2:30 PM	15-16 B (1.6kg)
4:00 PM	11-12 B (1kg)

High Jump

9:00 AM	17-18 W Pit # 2
9:00 AM	9-10 G Pit #1
11:00 AM	15-16 G Pit # 2
11:00 AM	11-12 G Pit #1
1:00 PM	13-14 G Pit # 2

Shot Put

8:00 AM	17-18 W(4kg)
9:30 AM	15-16 G (4kg)
11:00 AM	13-14 G (6lb)
12:30 PM	11-12 G (6lb)
2:00 PM	9-10 G (6lb)
3:30 PM	8&U G (2kg)

Long Jump

9:00 AM	13-14 G Pit #1/ 13-14 Boys Pit #2
11:00 AM	15-16 G Pit #1/ 15-16 Boys Pit # 2
1:00 PM	17-18 W Pit #1 /17-18 M Pit #2

Javelin

8:00 AM	17-18 M(800g)
10:30 AM	15-16 B (800g)

Mini-Javelin

9:30 AM	8&U G (300g)
11:30 AM	8&U B (300g)

Implements for the Throws:

Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.