

2019 USATF NORTH CAROLINA JUNIOR OLYMPIC CHAMPIONSHIPS

Durham County Stadium – Durham, NC

June 20-22, 2019

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

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 prior to event
4. Top-8 will advance to finals in all events

THURSDAY

RUNNING EVENTS

2000m Steeplechase

8:30a 15-16G / 17-18W (30")

9:00a 15-16B / 17-18M (36")

9:30a All 4x800m Relays

Race Walks (Finals)

10:45a 3000m All Ages and Genders

11:15a 1500m All Ages and Genders

800 Meters Finals

2:00pm All Divisions

FIELD EVENTS

Javelin

12:00p 15-16B (800g) 17-18M (800g)

1:30p 15-16G (600g) 17-18W (600g)

2:30p 13-14G (600g)

3:30p 13-14B (600g)

Pole Vault

9:00a All - Pole Vault

Triple Jump

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

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

11:00a 17-18G Pit #1 / 17-18B Pit #2

2019 USATF NORTH CAROLINA JUNIOR OLYMPIC CHAMPIONSHIPS

Durham County Stadium – Durham, NC

June 20-22, 2019

TENTATIVE SCHEDULE

FRIDAY

RUNNING EVENTS

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

FIELD EVENTS

Long Jump

11:00am 8&UG Pit #1 / 8&UB Pit #2
1:00p 9-10G Pit #1 / 9-10B Pit #2
3:30p 11-12G Pit #1 / 11-12B Pit #2

High Jump

9:00a 9-10B Pit #1 / 17-18M Pit #2
11:00a 11-12B Pit #1 / 15-16B Pit #2
1:00p 13-14B Pit #2

Shot Put

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

Discus

9:00a 11-12G (1kg)
10:30a 13-14G (1kg)
12:00p 15-16G (1kg)
2:00p 17-18W (1kg)

Mini-Javelin

9:00a 8&U G (300g)
10:30a 8&U B (300g)
12:00p 9-10G (300g)
1:30p 9-10B (300g)
3:00p 11-12G (450g AeroJav/FinnFlier)
4:30p 11-12B (450g AeroJav/FinnFlier)

SATURDAY

RUNNING EVENTS (All Finals)

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

FIELD EVENTS

Long Jump

9:00a 13-14G Pit #1 / 13-14B Pit #2
1:00pm 15-16G Pit #1 / 15-16B Pit #2
3:30p 17-18G Pit #1 / 17-18B Pit #2

High Jump

9:00a 9-10G Pit #1 / 17-18W Pit #2
11:00a 11-12G Pit #1 / 15-16G Pit #2
1:00p 13-14G Pit #2

Shot Put

8:30a 8&U G (2kg) / 17-18W (4kg)
10:30a 13-14G (6lb) / 15-16G (1kg)
1:00p 9-10G (6lb) / 11-12G (6lb)

Discus

9:00a 11-12B (1kg)
10:30a 13-14B (1kg)
12:00p 15-16B (1.6kg)
2:00p 17-18M (1.6kg)