



**2017 USATF NORTH CAROLINA JUNIOR OLYMPIC CHAMPIONSHIPS**  
**North Carolina State University**  
**Greensboro, NC**  
**June 22-25**

**Schedule of Events**

**THURSDAY**

**COMBINED EVENTS:**

**9:00 AM– 15-16 G & 17-18 W Heptathlon (1<sup>st</sup> 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 (1<sup>st</sup> 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 (2<sup>nd</sup> Day)**

Long Jump  
Javelin (600g)  
800m Run

**9 AM- 15-16 B & 17-18 W Decathlon (2<sup>nd</sup> 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:**

**9:00 AM 2000m Steeplechase 15-16 G/17-18 W (30")  
15-16 B/17-18 M (36")**

**Race Walks (Finals)**

10:00 3000m 15-16 G/B & 17-18 W/M  
10:30 3000m 13-14 G&B  
11:00 1500m 9-10 & 11-12 G&B

**800 Meters (Finals)**

1:00 PM (All Divisions)

**3000 Meters (Finals)**

5:00 (All Divisions)

**FIELD EVENTS:**

**Hammer Throw**

11:00 AM (All)

**Javelin:**

12:00 PM 11-12 G (450g Aero Javelin-2017)  
1:30 11-12 B (450g Aero Javelin-2017)

**Long Jump:**

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

## SATURDAY

### RUNNING EVENTS:

8:30	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")
9:30 AM	400m Dash Qualifying All Divisions
11:15 PM	100m Dash Qualifying All Divisions
1:00	200m Dash Qualifying All Divisions
2:45	Long Hurdles Qualifying 200m 13-14 B/G (30") 400m 15-16/17-18 W (30") 400m 15-16/17-18 M (36")
3:30	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)  
12:00 PM 11-12 G (300g)  
3:00 11-12 B (300g)

## 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
3:30 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(12lb)  
9:30 AM 15-16 G (12lb)  
11:00 AM 13-14 G (4kg)  
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.