

2014 USATF Region 7 Junior Olympic Track & Field Championships

Schedule of Events

updated July 7 (9:30am)

<p>Thursday, July 10, 2014</p> <p>8:00 am – Heptathlon (15-16G, 17-18W) 100H HJ SP 200</p> <p>9:00 am – Pentathlon (13-14G, 13-14B) 100H SP HJ LJ 800 (G)/1500 (B)</p> <p>10:00 am – Decathlon (15-16B, 17-18M) 100 LJ SP HJ 400</p>	<p>Friday, July 11, 2014</p> <p>8:00 am – Decathlon (15-16B, 17-18M) 110H DT PV JT 1500</p> <p>9:00 am – Pentathlon (11-12G, 11-12B) 80H SP HJ LJ 800 (G)/1500 (B)</p> <p>10:30 am – Heptathlon (15-16G, 17-18W) LJ JT 800</p> <p>11:00 am – Triathlon (9-10G, 9-10B) SP HJ 200 (G)/400 (B)</p>
<p>Saturday, July 12, 2014</p> <p>Running Events 9:00 AM (EDT) Start</p> <p>2000m Steeplechase (15 -16G 17-18W, 15-16B, 17-18M) 1500m Race Walk (9-10, 11-12) 3000m Race Walk (13-14, 15-16, 17-18) 4x100m Relay (all age groups) 80m/100m/110m Hurdle Trials 110m/100m/80m Hurdle Finals 400m (all age groups) 200m Hurdle (13-14) 400m Hurdle (15-16, 17-18) 4x800m Relay (all age groups)</p> <p>Field Events 10:00 AM (EDT) Start High Jump (all girls) Pole Vault (13-14B, 15-16B, 17-18M) Long Jump (8 & Under, 9-10) Triple Jump (13-14, 15-16, 17-18) Javelin Throw (all) Discus (11-12G, 13-14G, 15-16G, 17-18W) Shot Put (all boys) Hammer Throw (15-16, 17-18) - follows Discus</p>	<p>Sunday, July 13, 2014</p> <p>Running Events 9:00 AM (EDT) Start 3000m (11-12, 13-14, 15-16, 17-18) 100m Trials (all age groups) 800m (all) 100m Finals (all) 50m Exhibition (PeeWee) 200m (all) 1500m Run (all) 4x400 Relay (all)</p> <p>Field Events 9:30 AM (EDT) Start Long Jump (11-12, 13-14, 15-16, 17-18) High Jump (boys) Pole Vault (13-14G, 15-16G, 17-18W) Shot Put (girls) Discus (11-12B, 13-14B, 15-16B, 17-18M)</p>
<p>Notes:</p> <ul style="list-style-type: none"> •All age groups – youngest to oldest, girls, then boys •Age groups only - girls then boys •All races are timed finals except the 80/100/110m hurdles and 100m. 	