



**USATF- Region XIII  
2013 Junior Olympic Championship Time Schedule**

	<b>Thursday</b>	<b>Combined Events</b>	<b>Order</b>
9:00am	Decathlon	15-16 & 17-18 M	100, LJ, SP, HJ, 400
9:45am	Pentathlon	13-14 G	100MH, SP, HJ, LJ, 800
10:00am	Heptathlon	15-16 & 17-18 W	100MH, HJ, SP, 200
10:15am	Pentathlon	13-14 B	100MH, SP, HJ, LJ, 1500
	<b>Friday</b>	<b>Combined Events</b>	<b>Order</b>
9:00am	Decathlon – Day 2	15-16 & 17-18 M	110MH, DIS, PV, JAV, 1500
9:45am	Pentathlon	11-12 G	80MH, SP, HJ, LJ, 800
10:00am	Pentathlon	11-12 B	80MH, SP, HJ, LJ, 1500
10:00am	Heptathlon – Day 2	15-16 & 17-18 G	LJ, JAV, 800
11:30am	Triathlon	9-10 B	SP, HJ, 400
11L30am	Triathlon	9-10 G	SP, HJ, 200
	<b>Friday</b>	<b>Field Events</b>	
5:00pm	Hammer @ WS	15-16 & 17-18 W	
6:00pm	Hammer @ WS	15-16 & 17-18 M	
	<b>Saturday</b>	<b>Track Events</b>	
8:30am	1500 M Race Walk	Timed Finals	9-10G, 9-10B, 11-12G, 11-12B
8:30am	3000 M Race Walk	Timed Finals	13-14G, 13-14B, 15-16G, 17-18W
8:30am	3000 M Race Walk	Time Finals	15-16B, 17-18YM
9:00am	1500 M Run	Time Finals	All Divisions (youngest – oldest)
10:30am	100 M Dash	<b>Semi Finals *</b>	All divisions (youngest – oldest)
12:15pm	200M/400M Hurdles	Timed Finals	15-16B, 17-18M, 15-16G, 17-18W, 13-14G, 13-14B
1:00pm	4x100 M Relay	Timed Finals	All Divisions (youngest – oldest)
2:00pm	400 M Dash	Timed Finals	All Divisions (youngest – oldest)
3:20pm	4x800 M Relay	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
4:10pm	200M Dash	<b>Semi Finals *</b>	All Divisions (youngest – oldest)
4:45pm	Steeple Chase	Timed Finals	15-16G, 17-18W, 15-16B, 17-18M
	<b>Saturday</b>	<b>Field Events</b>	
<b>8:30am</b>	Shot Put	13-14G – Pit A	11-12B – Pit B
8:30am	Discus	17-18W	
8:30am	Long Jump	13-14B – Pit A	9-10G – Pit B
8:30am	High Jump	11-12G	
8:30am	Turbo Javelin	9-10B	
<b>9:00am</b>	Pole Vault	13-14B, 15-16B, 17-18M	
<b>10:00am</b>	Shot Put	13-14B – Pit A	7-8B – Pit B
10:00am	Discus	11-12G	
10:00am	Long Jump	17-18M – Pit A	11-12B – Pit B
10:00am	High Jump	9-10G	
10:00am	Javelin	13-14G	
<b>11:30am</b>	Shot Put	9-10B – Pit A	7-8G – Pit B

11:30am	Long Jump	15-16B – Pit A	11-12G – Pit B
11:30am	High Jump	13-14B	
11:30am	Turbo Javelin	11-12B	
<b>Noon</b>	Pole Vault	13-14G, 15-16G, 17-18W	
<b>1:00pm</b>	Shot Put	9-10G – Pit A	11-12G – Pit B
1:00pm	Discus	13-14B	
1:00pm	Long Jump	17-18W – Pit A	7-8G – Pit B
1:00pm	High Jump	9-10B	
1:00pm	Javelin	15-16B	
<b>2:30pm</b>	Shot Put	17-18W – Pit A	15-16B – Pit B
2:30pm	Discus	17-18M	
2:30pm	Long Jump	15-16G – Pit A	7-8B - PitB
2:30pm	High Jump	11-12B	
2:30pm	Turbo Javelin	11-12G	
<b>3:30pm</b>	Turbo Javelin	9-10G	
<b>4:00pm</b>	Long Jump	13-14G – Pit A	9-10 B – Pit B
	<b>Sunday</b>	<b>Track Schedule</b>	
8:30am	3000 M Run	Timed Finals	11-12B, 11-12G, 13-14B, 13-14G, 15-16B, 15-16G, 17-18M, 17-18W
10:10am	100 M Dash	<b>Finals</b>	All Division (youngest – oldest)
11:10am	80-110M Hurdles	Timed Finals	11-12B, 11-12G, 13-14G, 13-14B, 15-16G, 17-18W, 15-16B,17-18M
12:15pm	800 M Run	Timed Finals	All Divisions (youngest-oldest)
1:30pm	200 M Dash	<b>Finals</b>	All Divisions (youngest-oldest)
2:30pm	4x400 M Relay	Timed Finals	All Division (youngest-oldest)
	<b>Sunday</b>	<b>Field Events</b>	
<b>8:30am</b>	Discus	15-16B	
8:30am	Triple Jump	17-18M – Pit A	13-14B – Pit B
8:30am	High Jump	13-14G	
8:30am	Javelin	15-16G	
<b>10:00am</b>	Shot Put	15-16G	
10:00am	Discus	11-12B	
10:00am	Triple Jump	17-18W – Pit A	13-14G – Pit B
10:00am	High Jump	15-16B	
10:00am	Javelin	17-18M	
<b>11:30am</b>	Discus	15-16G	
11:30am	Triple Jump	15-16G – Pit A	
11:30am	High Jump	17-18M	
11:30am	Javelin	13-14B	
<b>1:00pm</b>	Shot Put	17-18M	
1:00pm	Discus	13-14G	
1:00pm	Triple Jump	15-16B – Pit A	
1:00pm	High Jump	15-16G	
1:00pm	Javelin	17-18W	
<b>2:00pm</b>	Javelin	7-8G, 7-87B	
<b>2:30pm</b>	High Jump	17-18W	

**If there are 8 or less runners in a semi-final event,  
it will be run as a final event.**