



**2019 USATF REGION 4 JUNIOR OLYMPIC  
TRACK & FIELD CHAMPIONSHIPS**  
**July 4-7, 2019**  
**Winthrop University, Rock Hill, SC**



**THURSDAY, July 4, 2019**  
**Schedule of Events**

**Combined Events:**

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

**9:30 AM** 13-14B & 13-14G Pentathlon  
100m Hurdles (30" (G) / 33" (B))  
Shot Put (6lb (G) / 4kg (B))  
High Jump  
Long Jump  
800m (G) / 1500m (B) Run

**10:00 AM** 15-16B & 17-18M Decathlon (Day 1)  
100m Dash  
Long Jump  
Shot Put (12lb)  
High Jump  
400m Dash

Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303.1(h) in the [USATF Competition Rules](#).

All starting blocks and relay batons are provided. Do not bring your own.

**Age Divisions Guide:**

7-8G	7-8 Year Old Girls
7-8B	7-8 Year Old Boys
9-10G	9-10 Year Old Girls
9-10B	9-10 Year Old Boys
11-12G	11-12 Year Old Girls
11-12B	11-12 Year Old Boys
13-14G	13-14 Year Old Girls
13-14B	13-14 Year Old Boys
15-16G	15-16 Year Old Girls
15-16B	15-16 Year Old Boys
17-18G	17-18 Year Old Women**
17-18M	17-18 Year Old Men**

Note: \*\*17-18 athletes must still be 18 on July 31<sup>st</sup>, last day of the USATF Junior Olympic Championships.

\*\*\* Events can run up to 30 minutes ahead of schedule \*\*\*



## Friday, July 05, 2019

### Schedule of Events

#### Combined Events:

**9:00 AM** 15-16B & 17-18M Decathlon (Day 2)  
110m Hurdles (39")  
Discus Throw (1.6kg)  
Pole Vault  
Javelin Throw (800g)  
1500m Run

**9:00 AM** 15-16G Heptathlon (Day 2)  
Long Jump  
Javelin Throw (600g)  
800m Run

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

**10:00 AM** 17-18W Heptathlon (Day 2)  
Long Jump  
Javelin Throw (600g)  
800m Run

**11:45 AM** 9-10G Triathlon  
Shot Put (6lb)  
High Jump  
200m (G) / 400m (B) Dash

**12:30 PM** 9-10B Triathlon  
Shot Put (6lb)  
High Jump  
200m (G) / 400m (B) Dash

#### Field Events:

##### Pole Vault

**3:00 PM** 13-14G  
**5:30 PM** 13-14B

#### Track Events:

**10:00 AM** 3000m Racewalk Finals  
13-14G/B, 15-16G/B, 17-18W/M

**10:45 AM** 1500m Racewalk Finals  
9-10G/B, 11-12G/B

**11:30 AM** 2000m Steeplechase  
15-16G & 17-18W (30")  
15-16B & 17-18M (36")

**12:30 PM** 200m Dash Qualifying  
All Age Groups

**4:30 PM** 4x100m Relay Finals  
All Age Groups

**5:30 PM** 800m Run Finals  
All Age Groups

#### Field Events:

##### Shot Put

**2:30 PM** 13-14B (4kg)  
**3:45 PM** 11-12B (6lb)  
**5:00 PM** 11-12G (6lb)  
**6:15 PM** 13-14G (6lb)

##### Hammer Throw

**2:30 PM** 15-16B (12lb)  
**3:45 PM** 17-18M (12lb)  
**5:00 PM** 15-16G (4kg)  
**6:15 PM** 17-18W (4kg)

##### Javelin Throw

**4:30 PM** 8&UG (300g, Runway #1)  
**4:30 PM** 8&UB (300g, Runway #2)  
**5:45 PM** 9-10G (300g, Runway #1)  
**5:45 PM** 9-10B (300g, Runway #2)

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<b>Saturday, July 06, 2019</b>			
<b>Schedule of Events</b>			
<b>Track Events:</b>		<b>Field Events:</b>	
<b>8:00 AM</b>	3000m Run Finals	<b>Long Jump</b>	
	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M	<b>9:00 AM</b>	15-16B (Pit #1)
		<b>9:00 AM</b>	9-10G (Pit #2)
<b>9:45 AM</b>	Short Hurdle Qualifying	<b>10:30 AM</b>	9-10B (Pit #1)
	110m (39") 15-16B, 17-18M	<b>12:00 PM</b>	13-14B (Pit #1)
	100m (33") 13-14B, 15-16G, 17-18W	<b>1:30 PM</b>	17-18M (Pit #1)
	100m (30") 13-14G	<b>3:00 PM</b>	11-12B (Pit #1)
	80m (30") 11-12G, 11-12B	<b>3:00 PM</b>	11-12G (Pit #2)
<b>11:00 AM</b>	400m Dash Qualifying	<b>Triple Jump</b>	
	All Age Groups	<b>10:30 AM</b>	13-14G (Pit #2)
		<b>12:00 PM</b>	15-16G (Pit #2)
<b>1:00 PM</b>	100m Dash Qualifying	<b>1:30 PM</b>	17-18W (Pit #2)
	All Age Groups	<b>Shot Put</b>	
<b>2:30 PM</b>	4x800m Relay	<b>9:00 AM</b>	17-18M (12lb)
	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M	<b>10:30 AM</b>	15-16B (12lb)
		<b>12:00 PM</b>	8&UG (2kg)
<b>3:30 PM</b>	Long Hurdle Qualifying	<b>1:30 PM</b>	8&UB (2kg)
	200m (30") 13-14G, 13-14B	<b>Discus Throw</b>	
	400m (30") 15-16G, 17-18W	<b>9:00 AM</b>	15-16G (1kg)
	400m (36") 15-16B, 17-18M	<b>10:30 AM</b>	17-18W (1kg)
<b>Field Events:</b>		<b>12:00 PM</b>	11-12G (1kg)
<b>High Jump</b>		<b>1:30 PM</b>	11-12B (1kg)
<b>9:00 AM</b>	17-18W (Mat #1)	<b>Javelin Throw</b>	
<b>9:00 AM</b>	11-12G (Mat #2)	<b>9:00 AM</b>	13-14G (600g)
<b>11:00 AM</b>	17-18M (Mat #1)	<b>10:30 AM</b>	13-14B (600g)
<b>11:00 AM</b>	11-12B (Mat #2)	<b>12:00 PM</b>	15-16G (600g)
<b>Pole Vault</b>		<b>1:30 PM</b>	17-18W (600g)
<b>10:00 AM</b>	15-16G		
<b>1:00 PM</b>	15-16B		

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## Sunday July 7, 2019 Schedule of Events

### Track Events:

<b>8:00 AM</b>	1500m Run Finals (All Divisions)
<b>10:00 AM</b>	Short Hurdles Finals (All Divisions)
<b>10:45 AM</b>	100m Dash Finals (All Divisions)
<b>11:30 AM</b>	400m Dash Finals (All Divisions)
<b>12:45 PM</b>	200m Hurdles Finals (All Divisions)
<b>12:55 PM</b>	400m Hurdles Finals (All Divisions)
<b>1:15 PM</b>	200m Dash Finals (All Division)
<b>2:15 PM</b>	4x400m Relay Finals (All Divisions)

### Field Events:

#### Long Jump

<b>8:30 AM</b>	8&UB (Pit #1)
<b>8:30 AM</b>	13-14G (Pit #2)
<b>10:00 AM</b>	15-16G (Pit #2)
<b>11:30 AM</b>	17-18W (Pit #2)
<b>1:00 PM</b>	8&UG (Pit #2)

#### Triple Jump

<b>10:00 AM</b>	17-18M (Pit #2)
<b>11:30 AM</b>	15-16B (Pit #2)
<b>1:00 PM</b>	13-14B (Pit #2)

#### Pole Vault

<b>9:00 AM</b>	17-18W
<b>11:30 AM</b>	17-18M

### Field Events:

#### High Jump

<b>8:30 AM</b>	15-16B (Mat #1)
<b>8:30 AM</b>	13-14B (Mat #2)
<b>10:15 AM</b>	9-10B (Mat #1)
<b>10:15 AM</b>	9-10G (Mat #2)
<b>12:00 PM</b>	15-16G (Mat #1)
<b>12:00 PM</b>	13-14G (Mat #2)

#### Shot Put

<b>8:30 AM</b>	15-16G (4kg)
<b>10:00 AM</b>	17-18W (4kg)
<b>11:30 AM</b>	9-10B (6lb)
<b>1:00 PM</b>	9-10G (6lb)

#### Discus Throw

<b>8:30 AM</b>	17-18M (1.6kg)
<b>10:00 AM</b>	15-16B (1.6kg)
<b>11:30 AM</b>	13-14B (1kg)
<b>1:00 PM</b>	13-14G (1kg)

#### Javelin Throw

<b>8:30 AM</b>	11-12G (450g)
<b>10:00 AM</b>	11-12B (450g)
<b>11:30 AM</b>	17-18M (800g)
<b>1:00 PM</b>	15-16B (800g)

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