

**2010 USA Track & Field
North Carolina Association Junior Olympics Championships
Greensboro, North Carolina**

Schedule of Events (Revised)

FRIDAY, June 25

RUNNING EVENTS (Rolling Schedule:

9:00 AM 2000m Steeplechase

10:00 AM 3000m /1500m Race walk Finals

3:00PM 800 Meters Finals

FIELD EVENTS:

HAMMER THROW

9:00 AM IG/YW 4kg. IB/YM 12lb.
Athletes must provide own hammer.

LONG JUMP:

11:00AM SBB- Pit #1, SBG-Pit #2

SHOT PUT:

11:30 AM MB (6lb)
1:00 PM MG (6 lb)

JAVELIN:

4:00 PM Youth Girls (600g)
5:30 PM Youth Boys (600g)

IMPLEMENTS FOR THE THROWS:

Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed at Least one hour prior to competition at the appointed place. If implements have not been approved, they will not be accepted in competition.

SATURDAY, June 26**RUNNING EVENTS (Rolling Schedule)**

8:00 AM 5000m Run Finals YM
 3000m Run Finals – MG/MB,
 IG/IB/YG/YB/YW
Short Hurdle Qualifying
 80m h MG/MB (30’’)
 100mh YG (30’’)
 100mh YB/IG/YW (33’’)
 110mh IB/YM (39’’)
 100m Dash Qualifying All Divisions
 400m Dash Qualifying All Divisions
 200m Dash Qualifying All Divisions
Long Hurdle Qualifying
 200m h YG/YB (30’’)
 400mh IG/YW (30’’)
 400m h IB/YM (36’’)
 4 x 100 Relay Finals All Divisions

FIELD EVENTS:**POLE VAULT**

9:00 AM YG/IG/YW – must provide own pole

TRIPLE JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
 10:00 AM IB – Pit # 2/IG Pit # 1
 11:00 AM YM – Pit # 2/YW Pit # 1

LONG JUMP:

1:00 PM BB -- Pit # 1/BG – Pit # 2
 3:00 MB – Pit # 1/MG – Pit # 2

HIGH JUMP

9:00 AM YM - Pit # 2
 9:00 AM BB - Pit #1
 11:00 AM IB - Pit # 2
 11:00 AM MB - Pit #1
 1:00 PM YB - Pit # 2

SHOT PUT:

8:30 AM SBB - (6 lb) - Pit #1
 8:30 AM YM - (12lb) - Pit # 2
 10:30 AM YB - (4kg) - Pit #1
 10:30 AM IB - (12lb) - Pit # 2
 1:00 PM BB - (6 lb) - Pit #1

DISCUS

9:00 AM MG – (1kg
 10:30 IG – (1kg))
 12:00 PM YG – (1kg)
 1:30 YW – (1kg)

JAVELIN

8:00 AM YW (600g)
 8:30 IG (600g)

MINI JAVELIN

9:00 AM BB (300g)
 10:30 AM BG (300g)
 12:00 PM MG (300g)
 1:30 MB (300g)

SUNDAY, June 27**RUNNING EVENTS (Rolling Schedule)**

8:00 AM 1500m Run Finals All Division
 Short Hurdles Finals
 100m Dash Finals
 400 M Dash Finals
 200m Hurdle Finals
 400m Hurdle Finals
 200 m Dash Finals
 4x400m Relay Finals

FIELD EVENTS:**POLE VAULT**

9:00 AM YB/IB/YM – must provide own pole

DISCUS

9:00 AM YB (1kg)
 10:30 AM YM (1.6 kg)
 12:00 PM IB (1.6kg)
 2:00 PM MB (1kg)

HIGH JUMP

9:00 AM YW - Pit # 2
 9:00 AM BG - Pit #1
 11:00 AM IG - Pit # 2
 11:00 AM MG - Pit #1
 1:00 PM YG - Pit # 2

SHOT PUT

8:30 AM YW (4kg) - Pit # 2
 8:30 AM SBG (6lb) - Pit #1
 10:30 AM BG (6 lb)- Pit #1
 10:30 AM YG (6 lb) - Pit # 2
 12:30 PM IG (4kg) - Pit # 2

LONG JUMP

9:00 AM YB – Pit # 2 / YG Pit #1
 11:00 AM IB – Pit # 2/IG Pit # 1
 1:00 PM YM – Pit # 2/YW Pit # 1

JAVELIN

8:00 AM YM (800g)
 8:30 AM IB (800g)

MINI JAVELIN

9:30 AM SBB (300g)
 11:30 AM SBG (300g)

RUNNING EVENTS INFORMATION

1. Qualifying from heats by place and time.
2. If 8 or less show up for trials, they will be run as finals at that time.
3. Youngest age group first, except where indicated.
4. All starting blocks and relay batons are provided. Do not bring your own.