

2011 REGION VIII JUNIOR OLYMPIC TRACK AND FIELD CHAMPIONSHIPS

JULY 7-10th

HAMLIN UNIVERSITY, ST. PAUL, MINNESOTA

(HAMMER THROW AT ST. THOMAS UNIVERSITY, ST. PAUL)

SCHEDULE OF EVENTS

THURSDAY - JULY 7 MULTI-EVENTS - DAY ONE

- 1:10 p.m. HEPTATHLON (1st DAY) (IG, YW)**
100 Meter Hurdles, High Jump, Shot Put, 200 Meter Dash
- 1:30 p.m. DECATHLON (1st DAY) (IB, YM)**
100 Meter Dash, Long Jump, Shot Put, High Jump, 400 Meter Dash

FRIDAY - JULY 8 MULTI-EVENTS, RACE WALKS & STEEPLECHASE - DAY TWO

Note: The DEADLINE to check-in for track events is 45 minutes prior to the scheduled event time. Groups may be combined!

- 9:00 a.m. HEPTATHLON FINALS (2nd DAY) (IG, YW)**
Long Jump, Javelin, 800 Meter Run
- 10:00 a.m. PENTATHLON FINALS (MG, MB)**
80 Meter Hurdles (MG, MB), Shot Put, High Jump,
Long Jump, 800 Meter Run (MG), 1500 Meter run (MB)
- PENTATHLON FINALS (YG, YB)**
100 Meter Hurdles (YG, YB), Shot Put, High Jump,
Long Jump, 800 Meter Run (YG), 1500 Meter run (YB)
- 11:00 a.m. DECATHLON FINALS (2nd DAY) (IB, YM)**
110 Meter Hurdles, Discus, Pole Vault, Javelin, 1500 Meter Run
- 12:30 p.m. TRIATHLON FINALS (BG, BB)**
Shot Put, High Jump, 200 Meter Dash (BG), 400 Meter Dash (BB)
- 1:00 p.m. 1500 Meter Race Walk (BG, BB, MG, MB)**
- 1:45 p.m. 3000 Meter Race Walk (YG, YB, IG, IB, YW, YM)**
- 2:00 p.m. HAMMER Finals (IG, YW, IB, YM) ***Hammer held at St. Thomas University*****
- 3:00 p.m. 2000 Meter Steeplechase Finals (IG, YW)**
- 3:15 p.m. 2000 Meter Steeplechase Finals (IB, YM)**

SATURDAY - JULY 9 TRACK EVENTS - DAY THREE

Note: The DEADLINE to check-in for track events is 45 minutes prior to the scheduled event time. Groups may be combined!

- 8:00 a.m. 5000 Meter Run Finals (YM)**
- 8:25 a.m. 3000 Meter Run Finals (MG, MB, YG, YB, IG, IB, YW)**
- 9:45 a.m. 80 Meter Hurdles Prelims (MG, MB)**
- 10:05 a.m. 100 Meter Hurdles Prelims (YG)**
- 10:15 a.m. 100 Meter Hurdles Prelims (YB, IG, YW)**
- 10:35 a.m. 110 Meter High Hurdles Prelims (IB, YM)**
- 10:50 a.m. 100 Meter Dash Prelims (SBG, SBB)**
- 11:00 a.m. 100 Meter Dash Prelims (BG, BB)**
- 11:10 a.m. 100 Meter Dash Prelims (MG, MB)**
- 11:20 p.m. 100 Meter Dash Prelims (YG, YB)**
- 11:30 p.m. 100 Meter Dash Prelims (IG, IB)**
- 11:40 p.m. 100 Meter Dash Prelims (YW, YM)**

SATURDAY - JULY 9 TRACK EVENTS - DAY THREE (continued)

Note: The DEADLINE to check-in for track events is 45 minutes prior to the scheduled event time. Groups may be combined!

BREAK

12:05 p.m.	800 Meter Run Finals	(SBG, SBB)
12:20 p.m.	800 Meter Run Finals	(BG, BB)
12:35 p.m.	800 Meter Run Finals	(MG, MB)
12:55 p.m.	800 Meter Run Finals	(YG, YB)
1:15 p.m.	800 Meter Run Finals	(IG, IB)
1:30 p.m.	800 Meter Run Finals	(YW, YM)
1:50 p.m.	200 Meter Hurdles Finals	(YG, YB)
2:05 p.m.	400 Meter Hurdles Finals	(IG, YW, IB, YM)
2:25 p.m.	200 Meter Dash Prelims	(SBG, SBB)
2:40 p.m.	200 Meter Dash Prelims	(BG, BB)
2:55 p.m.	200 Meter Dash Prelims	(MG, MB)
3:10 p.m.	200 Meter Dash Prelims	(YG, YB)
3:25 p.m.	200 Meter Dash Prelims	(IG, IB)
3:40 p.m.	200 Meter Dash Prelims	(YW, YM)
3:50 p.m.	4 X 400 Meter Relay Finals	(SBG, BG)
4:05 p.m.	4 X 400 Meter Relay Finals	(SBB, BB)
4:20 p.m.	4 X 400 Meter Relay Finals	(MG, YG)
4:35 p.m.	4 X 400 Meter Relay Finals	(MB, YB)
4:50 p.m.	4 X 400 Meter Relay Finals	(IG, YW)
5:05 p.m.	4 X 400 Meter Relay Finals	(IB, YM)

SATURDAY - JULY 9 FIELD EVENTS - DAY THREE

Note: Check-in for field events are at the event sites.

HIGH JUMP

8:00 a.m.	BG, BB
9:15 a.m.	MG, MB
11:00 a.m.	YG, YB
12:45 p.m.	IG, YW
2:30 p.m.	IB, YM

POLE VAULT

8:00 a.m.	YB
10:00 a.m.	IB/YM
12:30 p.m.	YG
2:15 p.m.	IG/YW

LONG JUMP

8:00 a.m.	YG, YB
9:45 a.m.	IG, IB
11:30 a.m.	YW, YM
1:15 p.m.	BG, BB
3:00 p.m.	MG, MB

SHOTPUT

8:30 a.m.	YB
10:00 a.m.	IG
11:00 a.m.	YW
12:00 p.m.	IB
1:00 p.m.	YM
2:00 p.m.	YG

DISCUS

8:30 a.m.	IB
9:30 a.m.	YM
10:30 a.m.	YG
12:00 p.m.	YB
1:30 p.m.	IG
2:30 p.m.	YW

MINI-JAVELIN

8:30 a.m.	MG
9:45 a.m.	BG
11:00 a.m.	BB
12:30 p.m.	MB
2:00 p.m.	SBG, SBB

SUNDAY - JULY 10 TRACK EVENTS - DAY FOUR

Note: The DEADLINE to check-in for track events is 45 minutes prior to the scheduled event time. Groups may be combined!

8:00 a.m.	4 X 800 Meter Relay Finals (MG, MB, YG, YB, IG, IB, YW, YM)
9:00 a.m.	80 Meter Hurdles Finals (MG, MB)
9:15 a.m.	100 Meter Hurdles Finals (YG)
9:25 a.m.	100 Meter Hurdles Finals (YB, IG, YW)
9:35 a.m.	110 Meter High Hurdles Finals (IB, YM)
9:45 a.m.	100 Meter Dash Finals (All: SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)
10:20 a.m.	1500 Meter Run Finals (SBG, BG)
10:35 a.m.	1500 Meter Run Finals (SBB, BB)
10:50 a.m.	1500 Meter Run Finals (MG, YG)
11:05 a.m.	1500 Meter Run Finals (MB, YB)
11:20 a.m.	1500 Meter Run Finals (IG, YW)
11:35 a.m.	1500 Meter Run Finals (IB, YM)

BREAK

12:05 p.m.	4 X 100 Meter Relay Finals (SBG, SBB)
12:20 p.m.	4 X 100 Meter Relay Finals (BG, BB)
12:35 p.m.	4 X 100 Meter Relay Finals (MG, MB)
12:50 p.m.	4 X 100 Meter Relay Finals (YG, YB)
1:05 p.m.	4 X 100 Meter Relay Finals (IG, YW)
1:20 p.m.	4 X 100 Meter Relay Finals (IB, YM)
1:30 p.m.	400 Meter Dash Finals (SBG, SBB)
1:45 p.m.	400 Meter Dash Finals (BG, BB)
2:00 p.m.	400 Meter Dash Finals (MG, MB)
2:15 p.m.	400 Meter Dash Finals (YG, YB)
2:30 p.m.	400 Meter Dash Finals (IG, IB)
2:45 p.m.	400 Meter Dash Finals (YW, YM)
3:00 p.m.	200 Meter Dash Finals (All: SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)

SUNDAY - JULY 10 FIELD EVENTS - DAY FOUR

Note: Check-in for field events are at the event sites.

TRIPLE JUMP

8:15 a.m.	IG, IB
10:00 a.m.	YW, YM
11:45 a.m.	YG, YB

SHOTPUT

8:00 a.m.	SBG, BG
9:45 a.m.	SBB, BB
11:30 a.m.	MG
12:45 p.m.	MB

DISCUS

8:30 a.m.	MG
9:45 a.m.	MB

LONG JUMP

12:15 p.m.	SBG, SBB
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JAVELIN

9:00 a.m.	YG
10:00 a.m.	YB
11:00 a.m.	IG, YW
12:30 p.m.	IB, YM