

**USATF**  
**North Carolina Regional Junior Olympic**  
**Track and Field Championships**  
**July 6-9 2023**  
**Durham County Memorial Stadium**

**Thursday July 6, 2023**  
**Schedule of Events**

**COMBINED EVENTS:**

<b>9:00 AM</b>	15-16(B) & 17-18(M) <b>Decathlon-Day 1</b> 100m Dash Long Jump Shot Put (12lb) High Jump 400m Dash
<b>9:30 AM</b>	15-16(G) & 17-18(W) <b>Heptathlon-Day 1</b> 100m Hurdles (33") High Jump Shot Put (4kg) 200m Dash
<b>10:00 AM</b>	13-14(G) and 13-14(B) <b>Pentathlon</b> 100m Hurdles (G 30"/B 33") Shot Put (G 6lb/B 4kg) High Jump Long Jump 800m (G)/1500m (B) Run
<b>10:30 AM</b>	11-12(G) & 11-12(B) <b>Pentathlon</b> 80m Hurdles (30") Shot Put (6lb) High Jump Long Jump 800m (G)/1500m (B) Run

**FIELD EVENTS:**

<b>8:00 AM</b>	<b>Hammer Throw</b> All Divisions Boys/Men followed by Girls/Women
<b>11:30 AM</b>	<b>Discus</b> 11-12 G / 13-14 G
<b>2:30PM</b>	15-16 G / 17-18 W
<b>3:30PM</b>	11-12 B / 13-14 B
<b>4:30PM</b>	15-16 B / 17-18 M

**RUNNING EVENTS:**

<b>5:00 PM</b>	<b>4x800</b> All Divisions
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**FRIDAY, July 7, 2023**

**Schedule of Events**

**COMBINED EVENTS:**

9:00 AM	15-16B & 17-18M Decathlon-Day 2 110m Hurdles (39") Discus (1.6kg) Pole Vault Javelin (800 G) 1500m Run
9:00 AM	15-16(G) & 17-18(W) Heptathlon-Day 2 Long Jump Javelin (600g) 800m Run
9:30AM	9-10(G)-9-10(B) Triathlon Shot Put (6lb) High Jump 200m Dash

**RUNNING EVENTS:**

8:00 AM	2000m Steeplechase All Divisions
10:00 AM	1500m Race Walk Finals 9-10(G/B), 11-12(G/B)
10:30 AM	3000m Race Walk Finals 13-14(G/B), 15-16(G/B), 17-18(M/W)
12:30PM	Lunch Break
2:00PM	4x100 Qualifying All Divisions
3:00PM	800m Finals All Divisions

**FIELD EVENTS:**

2:30PM	Long Jump 8 and U G/B
4:00P	9-10 G/B
5:30P	11-12 G/B

# USATF

## North Carolina Regional Junior Olympic Track and Field Championships

**July 6-9, 2023**

**Durham County Memorial Stadium**

**Saturday July 8, 2023**

### **Schedule of Events**

#### **RUNNING EVENTS:**

<b>8:30 AM</b>	<b>3000m Run Finals – 11-12(G/B), 13-14 (G/B), 15-16 (G/B), 17-18 (M/W)</b>
<b>10:45 AM</b>	<b>Short Hurdle Qualifying</b> 110m 15-16(B), 17-18(M) 100m 13-14(B), 15-16(G), 17-18(W) 100m 13-14(G) 80m 11-12(G)/11-12(B)
<b>12:00PM</b>	<b>400m Dash Qualifying All Age Divisions</b>
<b>2:00PM</b>	<b>100m Dash Qualifying All Age Divisions</b>
<b>3:45 PM</b>	<b>Hurdle Qualifying</b> 200m 13-14(G/B) 400m 15-16(G), 17-18(G) 400m 15-16(B), 17-18(M)
<b>5:00PM</b>	<b>4 x 100m Relay Finals All Divisions</b>

#### **FIELD EVENTS:**

<b>9:00AM</b>	<b>SHOT PUT</b> 17-18M, 15-16 B 12:00P 13-14B 3:00P 11-12B, 9-10B 4:30P 8 and UB
<b>9:00 AM</b>	<b>POLE VAULT – All G/W</b>
<b>10:00 AM</b>	<b>TRIPLE JUMP</b> 13-14 G/B 11:00A 15-16 G/B 12:30P 17-18 M/W
<b>10:00 AM</b>	<b>HIGH JUMP</b> 17-18M 11:30A 9-10 B 12:30P 15-16B 2:00P 11-12B 3:300P 13-14B
<b>10:00 AM</b>	<b>Javelin</b> 17-18 W followed by 17-18 M 11:00A 15-16 G followed by 15-16 B 12:00P 13-14 G followed by 13-14 B 1:00P 11-12 G followed by 11-12 B 2:00P 9-10 G followed by 9-10 B 3:00P 8 and U G/B

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**SUNDAY July 9, 2023**

**Schedule of Events**

**RUNNING EVENTS:**

<b>9:00 AM</b>	<b>1500m Run Finals</b> (All Divisions)
<b>11:00 AM</b>	<b>Short Hurdles Finals</b> (All Divisions)
	LUNCH BREAK
<b>1:300 PM</b>	<b>400m Dash Finals</b> (All Divisions)
<b>2:45 PM</b>	<b>100m Dash Finals</b> (All Divisions)
<b>3:45 PM</b>	<b>200m Hurdle Finals</b> (All Divisions)
	<b>400m Hurdle Finals</b> (All Divisions)
<b>4:30 PM</b>	<b>200m Dash Finals</b> (All Divisions)
<b>6:00 PM</b>	<b>4 x 400m Relay Finals</b> (All Divisions)

**FIELD EVENTS:**

<b>9:00 AM</b>	<b>POLE VAULT</b> – All B/M	
<b>9:30 AM</b>	<b>HIGH JUMP</b>	9-10 G
	10:30A	11-12 G
	12:00P	17-18 W
	1:00PM	13-14 G
	2:30PM	15-16 G
<b>10:30AM</b>	<b>SHOT PUT</b>	17-18 W followed by 15-16 G 13-14 G followed by 11-12 G 9-10 G followed by 8 and U G
<b>11:00AM</b>	<b>LONG JUMP</b>	17-18 M/W
	12:45P	15-1`6B/G
	2:30P	13-14 B/G