



**SOUTH CAROLINA USATF ASSOCIATION
JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS
JUNE 12TH TO 14TH, 2009
DOUG SHAW STADIUM, 3205 N. OAK STREET, MYRTLE BEACH, SC**

Friday, June 12th Day 1 Schedule

Running Events:

5:00 PM	1500m Racewalk	BG, BB, MG, MB – age divisions may be combined
5:30	3000m Racewalk	YG, YB – age divisions may be combined
6:00	3000m Racewalk	IG, IB, YW, YM – age divisions may be combined
6:45 PM	2000m Steeplechase (30")	IG, YW – age divisions may be combined
7:00	2000m Steeplechase (36")	IB, YM – age divisions may be combined

Field Events:

2:00 PM	Javelin (area #1)	YG (600g)
2:45		YB (600g)
3:30		IG (600g)
4:15		IB (800g)
5:00		YW (600g)
5:45		YM (800g)
2:00 PM	Mini Javelin (area #2)	SBG/BG (300g)
2:30		SBB/BB (300g)
3:00		MG (300g)
3:30		MB (300g)
2:00 PM	Hammer Throw	IG, YW – 4 kg. IB, YM – 12 lb.