



SOUTH CAROLINA USATF ASSOCIATION
JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS
JUNE 12TH TO 14TH, 2009
DOUG SHAW STADIUM, 3205 N. OAK STREET, MYRTLE BEACH, SC
Sunday, June 14th Day 3 Schedule

Events will run on a rolling schedule. These times are estimated times only. Be sure to arrive at the track at least two hours ahead of your event time. Note that some events may have run as finals on Saturday shortening Sunday's schedule even more.

Running Events:

8:30 AM	5000m Run	YM	
9:00	3000m Run	MG, MB, YG, YB, IG, IB, YW	Age Divisions may be combined
9:45	80m Hurdle Finals	MG	
10:00	100m Hurdle Finals	YB, IG, YW (33")	
10:30	100m Finals	All Divisions	
11:00	400m Finals	All Divisions	
11:45	800m Finals	All Divisions	
12:30	200m Hurdles	YG, YB (30")	Section vs. Time
1:00	400m Hurdles	IG/YW (30")	Section vs. Time
		IB/YM (36")	Section vs. time
1:20	200m Dash	All Divisions	
2:00	4 x 400m Relay Finals	All Divisions	Section vs. Time

Field Events:

Shot Put

8:30 AM	YB	(4 kg)
9:30	IG	(4 kg)
10:30	IB	(12 lb)
11:30	YW	(4 kg)
12:30	YM	(12 lb)

Triple Jump (Pit #2)

8:30 AM	YG
9:30	YB
10:30	IG
11:30	IB
12:30	YW
1:30	YM

Discus

8:30 AM	MB	(1 kg)
9:30	MG	(1 kg)
10:30	YG	(1 kg)

High Jump

8:30 AM	YB
9:30	YM
10:30	YG
12:00 PM	YW
1:00	IB

Long Jump (Pit #1)

8:30 AM	SBB
9:30	SBG
10:30	BG
11:30	BB