



**USA TRACK & FIELD REGION III
2009 JUNIOR OLYMPIC CHAMPIONSHIPS
Prince George's Sports and Learn Complex
8001 Sheriff Road, Landover, MD 20785
July 9-12, 2009 Youth Chair: Henry McCallum Jr
Schedule of Events**

THURSDAY, July 9, 2009

9:00 AM– IG & YW Heptathlon (1st Day)

100m Hurdles (33") IB/YM (36")

High Jump

Shot Put (4kg)

200m Dash

9:30 AM- MG & MB Pentathlon

80m Hurdles (30")

Shot Put (6lb)

High Jump

Long Jump

800/1500m Run MG/MB

10:00 AM – YG & YB Pentathlon

100m Hurdles (YG 30"/ YB 33")

Shot Put (6lb YG/ 4 kilos YB)

High Jump

Long Jump

800/1500 Run YG/YB

10:30 AM IB & YM Decathlon (1st Day)

100m Dash

Long Jump

Shot Put (12lb)

High Jump

400m Dash

Running Events:

5:00 PM 4 x 800 Relay Finals MG, MB, YG, YB, IG, IB
YW/YM

**PARKING & DIRECTIONS TO THE
COMPLEX**

**Prince George's Sports and Learning Complex
8001 Sheriff Road Landover, MD 20785**

From 495 North take Landover Road exit 17B.

From 495 South Take exit 17. Get into left lane

off the ramp onto Landover Road. Take left

onto Bright seat Road. Follow green overhead

signs through the traffic light onto Redskins

Road. Follow Redskins Road around to Fed Ex

Way. Take right onto Hills Oaks Road. FedEx

Green Lot B3 & B4 on the right.

FRIDAY, July 10, 2009

Running Events

8:00 AM 2000m Steeplechase IG/YW (30")

IB/YM (36")

9:00 AM- IG & YW Heptathlon (2nd Day)

Long Jump

Javelin (600g)

800m Run

9 AM- IB & YM Decathlon (2nd DAY)

110m Hurdles (39")

Discus (1.6kg)

Pole Vault

Javelin (800 G)

1500m Run

9:30 AM – BG-BB Triathlon

Shot Put (6lb)

High Jump

200/400m Dash BG/BB

Racewalks

10:00 3000m Racewalk Finals IG, IB, YW, YM

10:30 3000m Racewalk Finals YG, YB

11:00 1500m Racewalk Finals BG, BB, MG MB

Relays

1:00 PM 4x400 Relay Qualifying All Divisions

3:30 4x100 Relay Qualifying All Divisions

800 Meters

5:00 800m Run Finals All Divisions

Field Events:

Hammer Throw

8:00 AM IG/YW 4kg. IB/YM 12lb.

Athletes must provide own hammer.

Javelin:

4:00 PM Youth Girls (600g)

5:30 PM Youth Boys (600g)

Long Jump:

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

SHOT PUT:

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

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)

SATURDAY, July 11, 2009

RUNNING EVENTS

8:00 AM 5000m Run Finals YM
8:30 AM 3000m Run Finals – MG/MB,
IG/IB/YG/YB/YW
10:45 Short Hurdle Qualifying
80m MG/MB (30’’)
100m YG (30’’)
100m YB/IG/YW (33’’)
110m IB/YM (39’’)
11:30 AM 400m Dash Qualifying All Divisions
1:15 PM 100m Dash Qualifying All Divisions
3:00 200m Dash Qualifying All Divisions
4:45 Long Hurdle Qualifying
200m YG/YB (30’’)
400m IG/YW (30’’)
400m IB/YM (36’’)
5:30 4 x 100 Relay Finals All Divisions

SUNDAY, July 12, 2009

RUNNING EVENTS

8:00 AM 1500m Run Finals All Division
10:00 AM Short Hurdles Finals
10:45 AM 400 M Dash Finals
12:30 PM 200m Hurdle Finals
12:45 PM 400m Hurdle Finals
1:00 PM 100m Dash Finals
2; 15 PM 200 m Dash Finals
4:00 PM 4 x 400 Relay Finals

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

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)

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