



**USA TRACK & FIELD REGION III
2008 JUNIOR OLYMPIC CHAMPIONSHIPS**

**South Pointe High School
801 Neely Road, Rock Hill, South Carolina, 29730
July 10-13, 2008 Youth Chair: Valerie Beesley
Schedule of Events**

THURSDAY, July 10, 2008

9:00 AM– IG & YW Heptathlon (1st Day)

100m Hurdles (33") IB/YM (36")
High Jump
Shot Put (4kg)
200m Dash

10:00 AM- MG & MB Pentathlon

80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run MG/MB

11:00 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

12:00 Noon 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

DIRECTIONS TO SOUTH POINTE HIGH SCHOOL:

From I 77S – take exit #73(SC901) - right (I77N will go left) towards Rock Hill. Stay on SC901 for 3 miles – at first light turn left (SC72/121). This road is Saluda but there is no sign up. Stay on 72/121 for about 1 mile – turn right on Rawlsville Road (watch for sign for South Pointe High School). At stop sign turn left onto Neely Road. South Pointe High School is on your immediate left.

DIRECTIONS TO WINTHROP UNIVERSITY FOR HAMMER AND STEEPLECHASE ONLY:

I77 – take exit 82B (Cherry Rd). Merge onto Cherry Rd. and proceed for 3 miles to intersection of Richmond Dr and Cherry (Winthrop Coliseum sign) – turn left onto Richmond Dr. Keep straight up hill to Eden Terrace – Winthrop Athletic Facilities are directly across stop sign – proceed on Eagle Loop – right at University Lake Dr – left at stop sign – follow road around lake- right at Garnet Dr.

FRIDAY, July 11, 2008

PLEASE NOTE: Steeplechase and hammer will be contested at Winthrop University, 1162 Eden Terrace, Rock Hill

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

10:30 AM- IG & YW Heptathlon (2nd Day)

Long Jump
Javelin (600g)
800m Run

Running Events

**Steeplechase contested at Winthrop University
1162 Eden Terrace, Rock Hill**

8:00 AM 2000m Steeplechase IG/YW (30")
IB/YM (36")

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

2:00 PM 4x400 Relay Qualifying All Divisions
4:30 4x100 Relay Qualifying All Divisions

800 Meters

6:00 800m Run Finals All Divisions

Field Events:

**Hammer Throw contested at Winthrop University
1162 Eden Terrace, Rock Hill**

8:00 AM IG/YW 4kg. IB/YM 12lb.
Athletes must provide own hammer.

Javelin:

5:00 PM Youth Girls (600g)
6:30 PM Youth Boys (600g)

Long Jump:

3:00PM SBB- Pit #1, SBG-Pit #2

SATURDAY, July 12, 2008**RUNNING EVENTS**

8:30 AM 3000m Run Finals – MG/MB,
IG/IB/YG/YB/YW
5000m Run Finals YM

11:15 Short Hurdle Qualifying
80m MG/MB (30")
100m YG (30")
100m YB/IG/YW (33")
110m IB/YM (39")

12:00 PM 400m Dash Qualifying All Divisions
1:45 100m Dash Qualifying All Divisions
3:30 200m Dash Qualifying All Divisions
5:15 Long Hurdle Qualifying
200m YG/YB (30")
400m IG/YW (30")
400m IB/YM (36")

6:00 4 x 100 Relay Finals All Divisions

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 PM MB – Pit # 1/MG – Pit # 2

HIGH JUMP

10:00 AM YM
11:30 IB
1:30 PM MB
3:00 YB
4:30 BB

SHOT PUT:

9:30AM SBB - (6 lb)
11:00 YM - (12lb)
12:30 PM YB - (4kg)
2:00 BB - (6 lb)
3:30 MB - (6lb)
5:00 IB - (12lb)

DISCUS

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 BG (300g)
10:30 BB (300g)
12:00 PM MG (300g)
1:30 MB (300g)
3:00 SBG (300g)
4:30 SBB (300g)

SUNDAY, July 13, 2008**RUNNING EVENTS**

8:30 AM 1500m Run Finals All Division
10:30 AM Short Hurdles Finals
11:15 AM 400 M Dash Finals
1:00 PM 200m Hurdle Finals
1:15 PM 400m Hurdle Finals
1:30 PM 100m Dash Finals
2; 15 PM 200 m Dash Finals
4:15 PM 4 x 400 Relay Finals

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
10:30 AM IG
12:00 PM MG
1:30 PM YG
3:00 PM BG

SHOT PUT

9:30 AM YW (4kg)
11:00 AM SBG (6lb)
12:30 PM BG (6 lb)
2:00 PM MG (6 lb)
3:30 PM YG (6 lb)
5:00PM IG (4kg)

LONG JUMP

11:00 AM YB – Pit # 2 / YG Pit #1
12:30 PM IB – Pit # 2/IG Pit # 1
2:00 PM YM – Pit # 2/YW Pit # 1

JAVELIN

8:00 AM YM (800g)
8:30 AM IB (800g)