

***2019 USATF North Carolina Association
Junior Olympic Track & Field
Championships***



**Durham County Stadium
June 20-22, 2019
Meet Director: Michael Gibson
Email: youth@northcarolina.usatf.org**

2019 Championship Information

1. **Online Entries Open:** Wednesday, May 29, 2019
Online Entries Close: Monday, June 17, 2019 at NOON
2. **AGE VERIFICATION DEADLINE:** JUNE 14, 2019 at 5:00pm. The entry system will only update your roster with athletes registered on USATF with completed age verification. Age verification documents should be provided to:

Katherine Branch
North Carolina Association
PO Box 576 Garner, NC 27529
membership@northcarolina.usatf.org
919-772-0910 ~ Mon-Fri 9am-5pm
3. Region III Championships will be held at Prince George Sports and Learning Complex in Landover, MD, July 5-8, 2019. More information to follow.
4. **COACHES:** Final list for coaches' background check will be printed June 17, 2019. If your background check/SafeSport certification is not completed prior to June 17th you will not receive complimentary admission for Association Championships.
5. Volunteers will be needed for awards, field events and hospitality. If you or club members would like to volunteer send an email indicating what area(s) and what day/time you are available.
6. **Packet Pickup:** Please send a responsible adult to pick up team packets. Meet management will NOT give individual bibs/armbands. All or Nothing.
7. **Spectator Admission** is \$5.00 per person.

Thank you,
Michael Gibson
Interim Youth Chair
North Carolina Association
USATRACK&FIELD
Email: youth@northcarolina.usatf.org

2019 USATF NORTH CAROLINA JUNIOR OLYMPIC CHAMPIONSHIPS

Durham County Stadium – Durham, NC

June 20-22

TENTATIVE SCHEDULE

THURSDAY

COMBINED EVENTS

9:00am **9-10 G&B Triathlon**
Shot Put (6lb)
High Jump
200m/400m Dash 9-10G / 9-10B

10:00am **11-12 B&G Pentathlon**
80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800m Girls / 1500m Boys

10:30am **13-14 B&G Pentathlon**
100m Hurdles (13-14G 30" / 13-14B 33")
Shot Put (6lb 13-14G / 4 kg 13-14B)
High Jump
Long Jump
800m Girls / 1500m Boys

RUNNING EVENTS

2000m Steeplechase

8:30am 15-16G / 17-18W (30")

9:00am 15-16B / 17-18M (36")

9:30am All 4x800m Relays

Race Walks (Finals)

10:45am 3000m ALL Ages and Genders

11:15am 1500m ALL Ages and Genders

800 Meters Finals

2:00pm ALL Divisions

FIELD EVENTS

Javelin

12:00pm 15-16B (800g) / 17-18M (800g)

1:30pm 15-16G (600g) / 17-18W (600g)

2:30pm 13-14G (600g)

3:30pm 13-14B (600g)

Pole Vault

9:00am ALL Divisions

Triple Jump

9:00am 13-14G Pit #1 / 13-14B Pit #2

10:00am 15-16G Pit #1 / 15-16B Pit #2

11:00am 17-18W Pit #1 / 17-18M Pit #2

Will be advanced to Regional

Women's Heptathlon

Will be advanced to Regional

Men's Decathlon

Will be advanced to Regional

All Hammer Throw

1. ALL implements will be provided. No personal implements.
2. Meet may run up to 30 minutes ahead of schedule.
3. Check-in 45 minutes prior to scheduled event.
4. Top-8 will advance to finals in all events.

FRIDAY**RUNNING EVENTS**

8:00am	3000m Run Finals - ALL Divisions
9:30am	Short Hurdle Qualifying
	80m 11-12B/G (30")
	100m 13-14G (30")
	100m 13-14B / 15-16G / 17-18 W (33")
	110m 15-16B / 17-18M (39")
10:30am	400m Dash Qualifying - ALL Divisions
1:30pm	100m Dash Qualifying - ALL Divisions
3:30pm	200m Dash Qualifying - ALL Divisions
5:00pm	Long Hurdle Qualifying
	200mH 13-14B/G (30")
	400mH 15-16G / 17-18W (30")
	400mH 15-16B / 17-18M (36")
6:00pm	4x100m Relay Finals - ALL Divisions

FIELD EVENTS**Long Jump**

11:00am	8&U G Pit #1 / 8&U B Pit #2
1:00pm	9-10G Pit #1 / 9-10B Pit #2
3:30pm	11-12G Pit #1 / 11-12B Pit #2

High Jump

9:00am	9-10B Pit #1 / 17-18M Pit #2
11:00am	11-12B Pit #1 / 15-16B Pit #2
1:00pm	13-14B Pit #2

Shot Put

8:30am	8&U B (2kg) / 17-18M (12lb)
10:30am	13-14B (4kg) / 15-16B (12lb)
1:00pm	9-10B (6lb) / 11-12B (6lb)

Discus

9:00am	11-12G (1kg)
10:30am	13-14G (1kg)
12:00pm	15-16G (1kg)
2:00pm	17-18W (1kg)

Mini-Javelin

9:00am	8&U G (300g)
10:30am	8&U B (300g)
12:00pm	9-10G (300g)
1:30pm	9-10B (300g)
3:00pm	11-12G (450g AeroJav/FinnFlier)
4:30pm	11-12B (450g AeroJav/FinnFlier)

SATURDAY**RUNNING EVENTS**

8:00am	1500m Run
10:00am	Short Hurdles
10:45am	400m Dash
12:30pm	200m Hurdles
12:45pm	400m Hurdles
1:00pm	100m Dash
2:15pm	200m Dash
4:00pm	4x400m Relay

FIELD EVENTS**Long Jump**

9:00am	13-14G Pit #1 / 13-14B Pit #2
1:00pm	15-16G Pit #1 / 15-16B Pit #2
3:30pm	17-18W Pit #1 / 17-18M Pit #2

High Jump

9:00am	9-10G Pit #1 / 17-18W Pit #2
11:00am	11-12G Pit #1 / 15-16G Pit #2
1:00pm	13-14G Pit #2

Shot Put

8:30am	8&U G (2kg) / 17-18W (4kg)
10:30am	13-14G (6lb) / 15-16G (4kg)
1:00pm	9-10G (6lb) / 11-12G (6lb)

Discus

9:00am	11-12B (1kg)
10:30am	13-14B (1kg)
12:00pm	15-16B (1.6kg)
2:00pm	17-18M (1.6kg)