

# 2024 USATF NORTH CAROLINA ASSOCIATION JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

Jay M Robinson HS Concord, NC

June 21 - 23, 2024

## TENTATIVE SCHEDULE

### Friday

#### COMBINED EVENTS

<b>9:00am</b>	9-10 G&B Triathlon Shot Put (6lb) High Jump 200m/400m Dash 9-10G / 9-10B
<b>10:00am</b>	11-12 B&G Pentathlon 80m Hurdles (30") Shot Put (6lb) High Jump Long Jump 800m Girls / 1500m Boys
<b>10:30am</b>	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

*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 event*

#### 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

##### Hammer Throw

1:00 pm	15-16 G/ 17-1B
2:00 pm	15-16 Boys/ 17-1B

# 2024 USATF NORTH CAROLINA ASSOCIATION JUNIOR, Masters, and Open TRACK & FIELD CHAMPIONSHIP

## **SATURDAY**

### **RUNNING EVENTS**

8:00am	3000m Run <b>Finals - ALL Divisions</b>
9:30am	<b>Short Hurdle Qualifying</b>
	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
12:00pm	100m Dash Qualifying- ALL Divisions
1:30PM	200m Dash Qualifying- ALL Divisions
3:00PM	Long Hurdle Qualifying
	200mH 13-14B/G (30")
	400mH 15-16G / 17-18W (30")
	400mH 15-16B / 17-18M (36")
3:45pm	400M H Master/Open
	4x100m Relay <b>Finals - ALL Divisions</b>

### **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)

## **SUNDAY**

### **RUNNING EVENTS**

8:00am	1500m Run	<b>Finals All Divisions</b>
9:00am	Short Hurdles	<b>Finals All Divisions</b>
9:45am	400m Dash	<b>Finals All Divisions</b>
10:30am	200m Hurdles	<b>Finals All Divisions</b>
10:45am	400m Hurdles	<b>Finals All Divisions</b>
11:30am	100m Dash	<b>Finals All Divisions</b>
12:15pm	200m Dash	<b>Finals All Divisions</b>
1:00pm	4x400m Relay	<b>Finals All Divisions</b>

### **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	11-12 B ( 1 kg)
10:30am	13-14B (1 kg)
12:00pm	15-16B (1.6kg)

2:00pm

17-18M (1.6kg)

TEMPERATURE