

# REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS 2009

## ORDER OF EVENTS – Fitchburg State College

Times listed for events are the earliest an event will begin.

### Friday June 26, 2009

#### Multis - Implement weigh-in 1:30-3pm ONLY

2:30 PM Decathlon IB/YM 100m, LJ,SP,HJ,400m

3:00 PM Heptathlon IG/YW 100H,HJ,SP, 200m

3:30 PM Pentathlon YG/YB 100H, SP, HJ, LJ,

1500m(B), 800m(G)

4:00 PM Pentathlon MG, MG 80H, SP, HJ, LJ,

1500m(B), 800m(G)

4:30 PM Triathlon

BB/BG SP,HJ,400m(B), 200m(G)

### Saturday, June 27 - Track Events

9:15 AM HH SEMI MG/ MB / YG / YB

3000 m MG/MB/YG/YB

10:30 400m BG/BB/MG/MB/YG/YB

11:15 100m SEMI BG/BB/MG/MB/YG/YB

12:00 PM 3000m RW (YG/YB) all combined

4x800 (MG/YG) (MB/YB) ages combined

1:00 PM 4x100 Relay BG/BB/MG/MB/YG/YB

1500m RW (BB/BG/MG/MB) all combined

200m Hurdles YG/YB

2:00 PM 1500m BG/BB/MG/MB/YG/YB

100m FINAL BG/BB/MG/MB/YG/YB

800m BG/BB/MG/MB/YG/YB

Hurdles FINAL MG/MB/YG/YB

200m FINAL BG/BB/MG/MB/YG/YB

4x400 Relay BG/BB/MG/MB/YG/YB

### Sunday, June 28 -Track Events

9:00 AM 5000m YM

9:30 3000m RW all IG/YW/IB/YM together

10:00 400m Hurdles IG/YW/IB/YM

4x100 Relay IG/YW/IB/YM

10:45 3000m IG/YW/IB

100m SEMI IG/YW/IB/YM

4x800 (IG/YW) (IB/YM) ages combined

12:00 PM HH SEMI IG/YW/IB/YM

1500m IG/YW/IB/YM

400m IG/YW/IB/YM

100m FINAL IG/YW/IB/YM

2000 SC (IB/YM)/(IG/YW) ages combined

HH FINAL IG/YW/IB/YM

800m IG/YW/IB/YM

200m FINAL IG/YW/IB/YM

4x400 Relay IG/YW/IB/YM

### Division Year of Birth/ Abbreviation

Bantam Boys & Girls 1999 & Later BB, BG

Midget Boys & Girls 1997/1998 MB, MB

Youth Boys & Girls 1995/1996 YB, YG

Intermediate Boys & Girls 1993/1994 IB, IG

Young Men & Women 1991/1992 YM, YW

And born after August 2, 1990

### Implement Weigh-in begins at 8:00 a.m. Sat/Sun

### Saturday June 27, 2009

#### Multis

9:00 AM Decathlon IB/YM 110H, DT, PV, JT, 1500M

9:00 AM Heptathlon IG/YM LJ, JT, 800M

### Saturday, June 27 - Field Events

9:30 AM SP YG/MG/BG (2 circles – boys / girls)

SP YB/MB/BB

HJ MG/MB/BG/BB/YG/YB

TJ YG/YB (one pit)

10:30 AM DT YG/YB/MG/MB

10:30 AM Mini Jav BG/BB/MG/MB (grass field, 2 sectors)

11:00 PM LJ MG/MB/BG/BB/YG/YB

2 pits - 1 girls 1 boys

12:00 PM PV YG/YB

2:00 PM JT YG/YB

### Sunday, June 28 - Field Events

9:30 AM SP YW/YM/IB/IG (2 circles – boys/girls)

HJ IB/IG/YW/YM

TJ YW/YM/IG/IB (2 Pits- girls/boys)

Hammer IB/YM then IG/YW

11:00 AM DT YW/YM/IG/IB

11:00 AM PV (IG/YW) followed by (IB/YM)

11:30AM LJ YW/YM/IG/IB (follows TJ) (2 pits)

1:30 PM JT IG/YM/YW/IB (1 runway)

### \*\*\*\*\* Semi Final Races \*\*\*\*\*

**If only 8 report in the 100 and short hurdles, those races will be run as a final at the Semi-final time!!**

Please listen for any announcements of changes.

Athletes are responsible for reporting on time.

No one will be permitted in the competition area unless they are competing at the time.

All athletes must check in with the clerk.

A coach, parent, or teammate may assist in getting mark for HJ and PV and then must leave the area.

No electronic devices of any kind- phones, audio, video players – allowed in the competition area  
**THAT INCLUDES THE ENTIRE INFIELD.**