

2017 REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS
Fitchburg State University, July 6-7-8-9, 2017

SCHEDULE OF EVENTS (as of JUNE 10)
THIS WILL BE UPDATED WEEKLY

THURSDAY JULY 6 MULTI-EVENT SCHEDULE

1130 AM Decathlon - 15-18 will compete together
Other events will follow in order with appropriate rest intervals between events.
100 Meter Dash
Long Jump
Shot Put
High Jump
400 Meter Dash

1230 PM Heptathlon - 15-18 will compete together
Other events will follow in order with appropriate rest intervals between events.
100 Meter Hurdles
High Jump
Shot Put
200 Meter Dash

FRIDAY JULY 7 COMBINED EVENTS SCHEDULE

930 AM Decathlon: 15-18 will compete together
110 Meter Hurdles Events will follow in order with appropriate rest intervals between events.
Discus Throw
Pole Vault
Javelin Throw
1500 Meter Run

930 AM TRIATHLON 2B
Shot Put
High Jump
400 Meter Dash

930 AM TRIATHLON 2G WILL CONTEST HJ with 2B
Shot Put
High Jump
200 Meter Dash

945 AM Heptathlon 15-18 will compete together
Long Jump Events will follow in order with appropriate rest intervals between events.
Javelin Throw
800 Meter Run

1000 AM Pentathlon: 3G AND 4G COMPETE TOGETHER
80 Meter Hurdles/100 Meter Hurdles
Shot Put
High Jump
Long Jump
800 Meter

1115 AM Pentathlon: 3B AND 4B COMPETE TOGETHER
80 Meter Hurdles/100 Meter Hurdles
Shot Put
High Jump
Long Jump
1500 Meter

FRIDAY JULY 7 TRACK SCHEDULE (All Track Events Girls then Boys, Youngest to Oldest)

1200 PM 2000m Steeplechase (5G & 6G then 5B & 6B)

12:30 PM 4x800m Relay May combine age groups based on entries

Multi event track events will be held on the track between the 4x800 and the 3000m

415 PM 3000m

FRIDAY FIELD EVENT SCHEDULE

300 PM HAMMER 5G & 6G, may be combined

500 PM HAMMER 5B & 6B

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SATURDAY JULY 8 TRACK SCHEDULE

All Events Girls then Boys, Youngest to Oldest

If 8 or fewer report in hurdles/dash, final runs at trials time

930 AM	200 M Hurdles
950 AM	400 M Hurdles
1010 AM	1500 M RACEWALK B/G - all ages Combined
1030 AM	3000 M RACEWALK B/G - all ages Combined
1100 AM	80 M HURDLES TRIALS
1120 AM	100 M HURDLES TRIALS
12:00 NOON	110 M HURDLES TRIALS
1220 PM	80 M HURDLES FINALS
1230 PM	100 M HURDLES FINALS
1250 PM	110 M HURDLES FINALS
100 PM	100 M TRIALS
300 PM	1500 M FINALS (Some ages may be combined)
400 PM	100 M FINALS
430 PM	400 M FINALS

SATURDAY JULY 8 FIELD EVENT SCHEDULE

930 AM	POLE VAULT	ALL GIRLS - 4G, 5G, 6G	
930 AM	LONG JUMP	PIT #1 - 2B	PIT #2 - 2G
945 AM	HIGH JUMP	PIT #1 - 3B	PIT #2 - 3G
	DISCUS	4B	
	SHOT PUT	5G & 6G	
	MINI JAVELIN	INFIELD - 1G	
1100 AM	HIGH JUMP	PIT #1 - 4B	PIT #2 - 4G
	LONG JUMP	PIT #1 - 3B	PIT #2 - 3G
	DISCUS	5B	
	SHOT PUT	2G	
	MINI JAVELIN	IN FIELD - 1B	
100 PM	HIGH JUMP	PIT#1 - 2B	PIT#2 - 2G
	LONG JUMP	PIT#1 - 1B	PIT#2 - 1G
	POLE VAULT	ALL BOYS - 4B, 5B, 6B	
	DISCUS	6B	
	SHOT PUT	4G	
	MINI JAVELIN	INFIELD - 2G	
215 PM	HIGH JUMP	PIT#1 - 5B & 6B	PIT#2 - 5G & 6G
	LONG JUMP	PIT#1 - 4B	PIT#2 - 4G
	DISCUS	3B	
	SHOT PUT	3G	
	MINI JAVELIN	INFIELD - 2B	
330 PM	LONG JUMP	PIT #1 - 5B	PIT #2 - 5G
	SHOT PUT	1G	
	AERO JAVELIN	SYNTHETIC RUNWAY- 3G	
400 PM	LONG JUMP	PIT #1 6B	PIT #2 6G
	SHOT PUT	1B	
	AERO JAVELIN	SYNTHETIC RUNWAY- 3B	

2017 REGION 1 JUNIOR OLYMPIC CHAMPS

SUNDAY JULY 9

TRACK SCHEDULE

(All Track Events Girls then Boys, Youngest to Oldest)

930 AM	4X100 RELAYS (some ages may be combined)
1030 AM	200 M TRIALS
1230 PM	800 M FINALS
145 PM	200 M FINALS
215 PM	4X400 RELAYS (some ages may be combined)

FIELD EVENT SCHEDULE

930 AM	TRIPLE JUMP	PIT#1 - 4B	PIT #2 - 4G
	SHOT PUT	5B/6B	
	DISCUS	3G	
	JAVELIN	SYNTHETIC RUNWAY – 5G/6G	
1045 AM	TRIPLE JUMP	PIT#1 - 5B	PIT #2 - 5G
	SHOT PUT	2B	
	DISCUS	4G	
	JAVELIN	SYNTHETIC RUNWAY – 4B	
1230 PM	TRIPLE JUMP	PIT#1 - 6B	PIT #2 - 6G
	SHOT PUT	3B	
	DISCUS	5G	
	JAVELIN	SYNTHETIC RUNWAY – 4G	
200 PM	SHOT PUT	CIRCLE #1 – 4B	
	DISCUS	CIRCLE #2 – 6G	
	JAVELIN	SYNTHETIC RUNWAY – 5/6B	