

# 2016 USA Track & Field **REVISED**

## Schedule-Region 4 Junior Olympics Championships

July 7-10, 2016 at Spartanburg High School, Spartanburg, SC

Region Coordinator, Thaddeus Sligh

### THURSDAY, July 7, 2016

- 9:00 AM**– 15-16G & 17-18W Heptathlon (1st Day)  
100m Hurdles (33")  
High Jump  
Shot Put (4kg)  
200m Dash
- 9:30 AM**– 11-12G & 11-12B Pentathlon  
80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
800/1500m Run 11-12G/11-12B
- 10:00 AM** – 13-14G & 13-14B Pentathlon  
100m Hurdles (13-14G 30"/ 13-14B 33")  
Shot Put (6lb 13-14G inside/ 4 kilos 13-14B)  
High Jump  
Long Jump  
800/1500 Run 13-14G/13-14B
- 10:30 AM** 15-16B & 17-18M Decathlon (1st Day)  
100m Dash  
Long Jump  
Shot Put (12lb)  
High Jump  
400m Dash

### Running Events:

**5:00 PM** 4 x 800 Relay Finals 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B 17-18W/17-18M  
Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303(h) in the Competition Rule Book.

All starting blocks and relay batons are provided. Do not bring your own.

**Shot** – The inside shot area will be used for all events with implements weighing 6 lbs or less.

**Hammer** – Please make arrangements to have hammers weighed in Thursday if possible. Hammer will be contested Friday at USC Upstate, 800 University Way. Directions at [www.usatfsc.org](http://www.usatfsc.org) Athletes must provide their own hammer.

### FRIDAY, July 8, 2016

#### Running Events

- 8:00 AM** 2000m Steeplechase 15-16G/17-18W (30")  
15-16B/17-18M (36")
- 9:00 AM**– 15-16G & 17-18W Heptathlon (2nd Day)  
Long Jump  
Javelin (600g)  
800m Run
- 9 AM**– 15-16B & 17-18M Decathlon (2nd DAY)  
110m Hurdles (39")  
Discus (1.6kg)  
Pole Vault  
Javelin (800 G)  
1500m Run
- 9:30 AM** – 9-10G-9-10B Triathlon  
Shot Put (6lb)  
High Jump  
200/400m Dash 9-10G/9-10B

#### Racewalks

- 10:00** 3000m Racewalk Finals 15-16G, 15-16B, 17-18W, 17-18M
- 10:30** 3000m Racewalk Finals 13-14G, 13-14B
- 11:00** 1500m Racewalk Finals 9-10G, 9-10B, 11-12G 11-12B

#### Relays

- 1:00 PM** 4x400 Relay Qualifying All Divisions
- 3:30** 4x100 Relay Qualifying All Divisions
- 5:00** 800m Run Finals All Divisions

#### **FIELD EVENTS:**

#### Hammer Throw

**8:00 AM** 15-16G/17-18W 4kg.

**9:00 AM** 15-16B/17-18M 12lb.

Athletes must provide own hammer. Hammer will be contested at USC Upstate. Please try to have hammer weighed in Thursday. There will be hammer weigh in at USC Upstate starting at 7 am Friday. See directions to USC Upstate on [USATFSC.org](http://USATFSC.org)

#### JAVELIN:

**4:00 PM** 13-14G (600g)

**5:30 PM** 13-14B (600g)

#### Long Jump

**11:00AM** 8-UNDERB- Pit #1, 8-UNDERG-Pit #2

#### SHOT PUT:

**11:30 AM** 11-12B - (6lb) outside track

**1:00 PM** 11-12G - (6 lb) outside track

**SATURDAY, JULY 9, 2016****Running Events:**

8:00 AM 3000m Run Finals 17-18M  
 8:30 AM 3000m Run Finals 11-12G/11-12B  
 13-14G/13-14B 15-16G/15-16B 17-18W  
 10:45 AM Short Hurdle Qualifying  
 80 Meter 11-12G/B  
 100 Meter 13-14G/13-14B 15-16G/17-18W  
 110 Meter 15-16B/17-18M  
 11:30 AM 400 Meter Dash Qualifying All  
 1:15 PM 100 Meter Dash Qualifying All  
 3:00 200 Meter Dash Qualifying All  
 4:45 200 Meter & 400 Meter Hurdles Qualifying All  
 5:30 4x100 Meter Relays Finals All Divisions

**FIELD EVENTS****POLE VAULT** must provide own pole

**9:00 AM 13-14 G**  
**11:00AM 15-16G**  
**1:00 PM 17-18W**

**TRIPLE JUMP**

**9:00 AM** 13-14B – Pit# 2 /13-14G Pit #1  
**10:00 AM** 15-16B – Pit # 2/15-16G Pit # 1  
**11:00 AM** 17-18M – Pit# 2/17-18W Pit # 1

**LONG JUMP:**

**1:00 PM** 9-10B -- Pit # 1/9-10G– Pit# 2  
**3:00** 11-12B – Pit# 1/11-12G – Pit# 2

**HIGH JUMP**

**9:00 AM** 17-18M - Pit # 2  
**9:00 AM** 9-10B - Pit#1  
**11:00 AM** 15-16B - Pit # 2  
**11:00 AM** 11-12B - Pit #1  
**1:00 PM** 13-14B - Pit # 2

**SHOT PUT:**

**8:30 AM** 8-UNDERB - (2k) -Pit #1 inside track  
**8:30 AM** 17-18M - (12lb) - Pit # 2 outside track  
**10:30 AM** **9-10B – (6 lb) - Pit #1 inside track**  
**10:30 AM** 15-16B - (12lb) - Pit # 2 outside track  
**1:00 PM** **13-14B – (4 kg) - Pit #2 outside track**

**DISCUS**

**9:00 AM** 11-12G – (1kg)  
**10:30** 15-16G – (1kg)  
**12:00 PM** 13-14G – (1kg)  
**1:30** 17-18W – (1kg)

**JAVELIN**

**8:00 AM** 17-18W (600g)  
**8:30** 15-16G (600g)

**MINI JAVELIN**

**9:00 AM** 9-10B (300g)  
**10:30 AM** 9-10G (300g)  
**12:00 PM** 11-12G (300g)  
**1:30 PM** 11-12B (300g)

**SUNDAY, JULY 10, 2016****Running Events:**

8:00 AM 1500m Run Finals  
 10:00 Short Hurdles Finals 80M 100M 110M  
 10:45 100m Dash Finals  
 12:00 PM 400m Dash Finals  
 1:45 200m Hurdles Finals  
 2:00 400m Hurdles Finals  
 2:15 200m Dash Finals  
 4:00 4x400 Relay Finals

**Field Events:****POLE VAULT: must provide own pole**

**9:00 AM 13-14B**  
**11:00 AM 15/16B**  
**1:00 PM 17/18M**

**DISCUS**

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

**HIGH JUMP**

9:00 AM 17-18W - Pit # 2  
 9:00 AM 9-10G - Pit #1  
 11:00AM 15-16G - Pit# 2  
 11:00 AM 11-12G - Pit #1  
 1:00 PM 13-14G - Pit # 2

**SHOT PUT:**

8:30 AM 17-18W (4kg) - Pit # 2 outside track  
 8:30 AM 8-UNDERG (2K) - Pit #1 inside track  
 10:30 AM 9-10G (6 lb)- Pit #1 inside track  
 10:30 AM 13-14G (6 lb) - Pit # 2 outside track  
 12:30 PM 15-16G (4kg) - Pit # 2 outside track

**LONG JUMP**

9:00 AM 13-14B – Pit# 2 /13-14G Pit #1  
 11:00 AM 15-16B – Pit # 2/15-16G Pit # 1  
 1:00 PM 17-18M – Pit# 2/17-18W Pit # 1

**JAVELIN**

8:00 AM 17-18M (800g)  
 8:30 AM 15-16B (800g)

**MINI JAVELIN**

9:30 AM 8-UNDERB (300g)  
 11:30 AM 8-UNDERG (300g)

**Implements for the Throws:** Competitors may bring their personal implements for use in competition. **Please have your implements inspected and weighed prior to competition a minimum of 90 minutes ahead of the start of the event.** If implements have not been approved, they will not be accepted in competition.