



# 2019 USATFSC Association Junior Olympic Track & Field Championships



Winthrop University  
1162 Eden Terrace  
Rock Hill, SC 29703

June 21<sup>st</sup> – 23<sup>rd</sup>, 2019

## Schedule for Friday, June 21, 2019

Be sure to arrive at the track at least 1 hour ahead of time and check in.

### Running Events:

3:00 pm	80m Hurdles (30")	Trials	(11/12 G/B) top 8 to final Sunday **
3:15 pm	100m Hurdles (30")	Trials	(13/14 G) top 8 to final Sunday **
3:30 pm	100m Hurdles (33")	Trials	(13/14 B) (15/16 G) (17/18 W) top 8 to final Sunday **
4:00 pm	110m Hurdles (39")	Trials	(15/16 B) (17/18 M) top 8 to final Sunday **
4:30 pm	2000m Steeplechase (30")	Finals	(15/16 G) (17/18 W) age divisions may be combined
5:00 pm	2000m Steeplechase (36")	Finals	(15/16 B) (17/18 M) age divisions may be combined
5:30 pm	4x800m Relay*	Finals	(11/12 G/B) (13/14 G/B) (15/16 G/B) (17/18 W/M) Age divisions may be combined
5:30 pm	1500m Racewalk	Finals	(9/10 G/B) (11/12 G/B) Age divisions may be combined
6:00 pm	3000m Racewalk	Finals	(13/14 G/B) (15/16 G/B) (17/18 W/M) Age divisions may be combined

### Field Events:

1:00 pm	Mini Javelin (300g)	(8&U G) (300g)
2:30 pm		(8&U B) (300g)
4:00 pm		(9/10 G) (300g)
5:30 pm		(9/10 B) (300g)
2:00 pm	Hammer Throw	(15/16 B) (17/18 M) (12 lb)
3:30 pm		(15/16 G) (17/18 W) (4 kg)
4:00 pm	Shot Put	(8&U G) (2 kg)
5:30 pm		(8&U B) (2 kg)
4:45 pm	Discus Throw	(15/16 B) (1.6 kg)
5:45 pm		(17/18 M) (1.6 kg)
2:00 pm	Pole Vault	(13/14 G) Warm up @ 1:00 pm
5:00 pm		(13/14 B) Warm up @ 4:00 pm

**\*\* NOTE: ANY TRIAL RUNNING EVENT WITH 8 OR LESS ENTRANTS WILL BE RUN AS A FINAL THE DAY OF TRIAL EVENT. PLEASE CHECK THE USATF SOUTH CAROLINA WEBSITE ON THURSDAY, JUNE 20<sup>th</sup> FOR ANY REVISED SCHEDULE.**

\* 4x800 cancelled due to lack of entrants.



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June 21<sup>st</sup> – 23<sup>rd</sup>, 2019

## Schedule for Saturday, June 22, 2019

**Be sure to arrive at the track at least 1 hour ahead of time and check in.**

### Running Events:

8:00 am	1500m Run	Finals	All Divisions	Age Divisions may be combined
10:00 am	100m	Trials	All Divisions **	
12:00 pm	Lunch Break			
1:00 pm	400m	Trials	All Divisions **	
2:30 pm	4 x 100m Relay	Finals	All Divisions **	Age Divisions may be combined
3:00 pm	200m	Trials	All Divisions **	

### Field Events:

#### Shot Put

8:30 am	(13/14 B) 4 kg
9:30 am	(17/18 W) 4 kg
10:30 am	(15/16 G) 4 kg
11:30 am	(15/16 B) 12 lb
12:30 pm	(17/18 M) 12 lb

#### Pole Vault

8:30 am	(15/16 W) Warm up @7:30 am
11:30 am	(15/16 M) Warm up @10:30 am

#### Discus

8:30 am	(11/12 G) 1 kg
9:30 am	(11/12 B) 1 kg
10:30 am	(13/14 G) 1 kg
11:30 am	(13/14 B) 1 kg
1:00 pm	(17/18 W) 1 kg
2:00 pm	(15/16 G) 1 kg

#### Long Jump

8:30 am	(13/14 B) Pit #1 (17/18 M) Pit #2
10:00 am	(13/14 G) Pit #1 (17/18 W) Pit #2
12:00 pm	(11/12 G) Pit #1 (15/16 G) Pit #2
2:00 pm	(11/12 B) Pit #1 (15/16 B) Pit #2

#### High Jump

8:30 am	(13/14 G)
10:00 am	(15/16 G)
11:00 am	(15/16 B)
12:00 pm	(9/10 G)
1:00 pm	(9/10 B)

#### Javelin

8:30 am	(15/16 B) 800g
9:30 am	(17/18 M) 800g
10:45 am	Javelin demo with Capers Williamson
11:45 am	(11/12 G) 450g
1:15 pm	(11/12 B) 450g

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# 2019 USATFSC Association Junior Olympic Track & Field Championships



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June 21<sup>st</sup> – 23<sup>rd</sup>, 2019

## Schedule for Sunday, June 23, 2019

**Be sure to arrive at the track at least 1 hour ahead of time and check in.**

### Running Events:

8:00 am	3000m Run	Finals	(11/12 G/B) (13/14 G/B) (15/16 G/B) (17/18 W/M)
			Age divisions may be combined
9:45 am	100m	Finals	All Age Division
10:15 am	400m	Finals	All Age Divisions
11:00 am	80m Hurdles	Finals	(11/12 G/B) (30")
11:05 am	100m Hurdles	Finals	(13/14 G) (30")
11:10 am	100m Hurdles	Finals	(13/14 B) (15/16 G) (17/18 W) (33")
11:20 am	110m Hurdles	Finals	(15/16 B) (17/18 M) (39")
11:30 am	4 x 100m Relay	Finals	All Age Divisions
12:00 pm	800m Run	Finals	All Age Divisions
1:30 pm	200m Hurdles	Finals	(13/14 G/B) (30") Section vs. Time
1:45 pm	400m Hurdles	Finals	(15/16 G) (17/18 W) (30") Section vs. Time
2:00 pm	400m Hurdles	Finals	(15/16 B) (17/18 M) (36") Section vs. Time
2:15 pm	200m	Finals	All Age Divisions
2:45 pm	4 x 400m Relay	Finals	All Age Divisions

### Field Events:

#### Shot Put

8:30 am	(11/12 G) (6 lbs)
9:30 am	(11/12 B) (6 lbs)
10:30 am	(9/10 G) (6 lbs)
11:30 am	(9/10 B) (6 lbs)
12:30 pm	(13/14 G) (6 lbs)

#### Javelin

8:30 am	(13/14 B) 600g
10:00 am	(13/14 G) 600g
11:30 am	(17/18 W) 600g
1:00 pm	(15/16 G) 600g

#### Long Jump (Pit #1)

8:30 am	(8&U B)
10:00 am	(8&U G)
11:30 am	(9/10 G)
1:00 pm	(9/10 B)

#### Triple Jump (Pit #2)

8:30 am	(13/14 G)
9:30 am	(13/14 B)
10:30 am	(15/16 G)
11:30 am	(15/16 B)
12:30 pm	(17/18 W)
1:30 pm	(17/18 M)

#### High Jump

8:30 am	(17/18 W)
9:30 am	(17/18 M)
11:00 am	(11/12 G)
12:00 pm	(11/12 B)
1:00 pm	(13/14 B)

#### Pole Vault

8:30 am	(17/18 W) Warm up @7:30 am
11:30 am	(17/18 M) Warm up @10:30 am

**\*\* NOTE: ANY TRIAL RUNNING EVENT WITH 8 OR LESS ENTRANTS WILL BE RUN AS A FINAL THE DAY OF TRIAL EVENT. PLEASE CHECK THE USATF SOUTH CAROLINA WEBSITE ON THURSDAY, JUNE 20<sup>th</sup> FOR ANY REVISED SCHEDULE.**

\* 4x100 will not be contested this day, as the Finals were contested Saturday, June 22