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

SCHEDULE OF EVENTS  (as of JULY 1)
THIS WILL BE UPDATED WEEKLY - CHECK AGAIN ON JULY 5 !!

AGE GROUPS:  (Age is as of December 31, 2014)
Group 1 - 7 - 8 years old born 2006-2007
Group 2 - 9-10 years old born 2004-2005
Group 3 - 11-12 years old born 2002-2003
Group 4 - 13-14 years old born 2000-2001
Group 5 - 15-16 years old born 1998-1999
Group 6 - 17-18 years old born 1996-1997 and after July 28, 1995

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  WILL CONTEST TOGETHER WITH 2G
High Jump
400 Meter Dash

930 AM   TRIATHLON  2G
Shot Put  WILL CONTEST TOGETHER WITH 2B
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 - USING 2 CIRCLES, one for each age group
High Jump  1 PIT FOR ALL JUMPERS
Long Jumpv USING 2 PITS, one for each age group
800 Meter

1115 AM  Pentathlon: 3B AND 4B COMPETE TOGETHER
80 Meter Hurdles/100 Meter Hurdles
Shot Put USING 2 CIRCLES, one for each age group
High Jump  1 PIT FOR ALL JUMPERS
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
Combined event track events will be held on the track between the 4x800 and the 3000m
415 PM     3000m

FRIDAY FIELD EVENT SCHEDULE

*** 200 PM HAMMER  5G & 6G, may be combined
430 PM HAMMER  5B then 6B
2017 REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS

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
1230 PM 80 M HURDLES FINALS
1250 PM 100 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 1G SYNTHETIC RUNWAY
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 1B SYNTHETIC RUNWAY
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 2G SYNTHETIC RUNWAY
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 2B SYNTHETIC RUNWAY
330 PM LONG JUMP PIT #1 - 5B PIT #2 - 5G
SHOT PUT 1G
AERO JAVELIN 3G SYNTHETIC RUNWAY
430 PM LONG JUMP PIT #1 6B PIT #2 6G
SHOT PUT 1B
AERO JAVELIN 3B SYNTHETIC RUNWAY
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

1100 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 – 5B then 6B