

# *Tentative Region 1 Schedule*

**2022 REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS**  
**Bowdoin College, July 7-8-9-10, 2022**

**SCHEDULE OF EVENTS ( **UPDATED as of June 25** )**

**THIS WILL BE UPDATED WEEKLY - CHECK AGAIN ON JULY 5 !!**

**AGE GROUPS:** (Age is as of December 31, 2021)

**Group 1** - 7 - 8 years old born 2014<sup>+</sup>

**Group 2** - 9-10 years old born 2012-2013

**Group 3** - 11-12 years old born 2010-2011

**Group 4** - 13-14 years old born 2008-2009

**Group 5** - 15-16 years old born 2006-2007

**Group 6** - 17-18 years old born 2004 -2005 and before July 31, 2022(last day of National JO Championship)

## **THURSDAY, JULY 7 COMBINED EVENT SCHEDULE**

12:00 PM                                  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

1:30 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 8 COMBINED EVENTS SCHEDULE**

9:30 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

9:30 AM TRIATHLON 2B  
Shot Put  
High Jump WILL CONTEST TOGETHER WITH 2G  
400 Meter Dash

9:30 AM TRIATHLON 2G  
Shot Put  
High Jump WILL CONTEST TOGETHER WITH 2B  
200 Meter Dash

9:45 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

10:00 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 Jump USING 2 PITS , one for each age group  
800 Meter

11:15 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 8 TRACK SCHEDULE (All Track Events Girls than Boys, Youngest to Oldest)**

12:00 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

4:15 PM 3000m

## **FRIDAY FIELD EVENT SCHEDULE**

2:00 PM HAMMER 5G & 6G, may be combined

4:30 PM HAMMER 5B then 6B

## 2022 REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS

### SATURDAY, JULY 9 TRACK SCHEDULE

All Events Girls than Boys, Youngest to Oldest

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

9:30 AM	200 M Hurdles
9:50 AM	400 M Hurdles
10:10 AM	1500 M RACEWALK B/G - all ages Combined
10:30 AM	3000 M RACEWALK B/G - all ages Combined
11:00 AM	80 M HURDLES TRIALS
11:20 AM	100 M HURDLES TRIALS
12:00 NOON	110 M HURDLES TRIALS
12:20 PM	80 M HURDLES FINALS
12:30 PM	100 M HURDLES FINALS
12:50 PM	110 M HURDLES FINALS
1:00 PM	100 M TRIALS
3:00 PM	1500 M FINALS (Some ages may be combined)
4:00 PM	100 M FINALS
4:30 PM	400 M FINALS

### SATURDAY, JULY 9 FIELD EVENT SCHEDULE

9:30 AM	POLE VAULT	ALL GIRLS - 4G, 5G, 6G	
9:30 AM	LONG JUMP	PIT #1 - 2B	PIT #2 - 2G
9:45 AM	HIGH JUMP	PIT #1 - 3B	PIT #2 - 3G
	DISCUS	4B	
	SHOT PUT	5G & 6G	
	MINI JAVELIN	1 G	
11:00 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	
1:00 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	
2:15 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	
3:30 PM	LONG JUMP	PIT #1 - 5B	PIT #2 - 5G
	SHOT PUT	1G	
	AERO JAVELIN	3 G	
4:30 PM	LONG JUMP	PIT #1 6B	PIT #2 6G
	SHOT PUT	1B	
	AERO JAVELIN	3 B	

# 2022 REGION 1 JUNIOR OLYMPIC CHAMPS

**SUNDAY, JULY 10**

## TRACK SCHEDULE

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

8:30 AM	4X100 RELAYS (some ages may be combined)
9:30 AM	200 M TRIALS
11:30 PM	800 M FINALS
12:45 PM	200 M FINALS
1:15 PM	4X400 RELAYS (some ages may be combined)

## FIELD EVENT SCHEDULE

8:30 AM	TRIPLE JUMP SHOT PUT DISCUS JAVELIN	PIT#1 - 4B 5B/6B 3G 5G/6G	PIT #2 - 4G
10:00 AM	TRIPLE JUMP SHOT PUT DISCUS JAVELIN	PIT#1 - 5B 4G 4B	
11:30 PM	TRIPLE JUMP SHOT PUT DISCUS JAVELIN	PIT#1 - 6B 5G 4G	
1:00 PM	SHOT PUT DISCUS JAVELIN	C I R C L E  # 1  -  4 B  C I R C L E  # 2	

-

6

G

5B then 6B