



2016 USATF JUNIOR OLYMPIC REGION 8 MEET INFORMATION
July 7-10, 2016

Thursday July 7, 2016:

12:30 pm Decathlon Day 1 15-16B; 17-18M
1:00 pm Pentathlon 11-12G; 11-12B
1:30 pm Heptathlon Day 1 15-16G; 17-18W

Friday July 8, 2016:

10:00 am Pentathlon 13-14G; 13-14B
10:30 am Decathlon Day 2 15-16B; 17-18M
11:00 am Heptathlon Day 2 15-16G; 17-18W
1:30 pm Triathlon 9-10G; 9-10B
2:00 pm 1500 meter Race Walk 9-10G/B; 11-12G/B
2:30 pm 3000 meter Race Walk 13-14G/B; 15-16G/B; 17-18W/M
3:30 pm 2000 meter Steeplechase 15-16G; 17-18W
3:50 pm 2000 meter Steeplechase 15-16B; 17-18M
NOTE: Combined Events Races May Supersede Steeplechase Events

Friday July 8, 2016 Field Events:

Hammer Throw	Long Jump	High Jump
3:00 pm 15-16G; 17-18W	2:20 pm 9-10 G/B	3:30 pm 11-12G/B
4:00 pm 15-16B; 17-18M	3:50 pm 8 & Under G/B	

Saturday July 9, 2016 Track Events:

9:00 am 100 prelims
10:20 am 4 x 800
10:50 am 80h/100h/110h prelims
11:35 am 4 x 100
12:35-1:05 pm BREAK
1:05 pm 400 (All groups – timed finals)
2:20 pm 1500 (All groups)
3:40 pm 200 prelims

Saturday July 9, 2016 Field Events:**High Jump (2 Pits)**

8:15 am 17-18 M/W

10:00 am 15-16 B/G

11:45 am - 12:15 pm Break

12:15 pm 9-10 B/G

2:00 pm 13-14 B/G

Long Jump (2 Pits)

8:00 am 15-16 B/G

10:00 am 13-14 B/G

12:00-12:30 pm Break

12:30 pm 11-12 B/G

2:30 pm 17-18 M/W

Pole Vault (1 Pit)

9:00 am 13-14 B, 17-18M, 15-16B

(appropriate warmup between groups)

(PV workers 30 min. break after 17-18)

Shot Put (2 Rings)

8:00 am 8 & Under B/G

9:15 am 9-10 B/G

10:30 am 11-12 B/G

12:00-12:30 pm Break

12:30 pm 13-14 B/G

2:00pm 15-16 B/G

3:30 pm 17-18 M/W

Turbo Javelin

8:00 am 9-10 G

9:15 am 11-12 B

10:30 am 8 & Under B

11:45 am -12:15 pm Break

12:15 pm 9-10 B

1:30 pm 8 & Under G

2:45 pm 11-12 G

Discus Throw

8:00 am 17-18 W

9:30 am 17-18 M

11:00 am 15-16 G

12:30-1:00 pm Break

1:00 pm 15-16 B

2:30 pm 13-14 G

4:00 pm 13-14 B

Sunday July 10, 2016 Track Events:

9:00 am 3000

10:40 am 80h/100h/110h final

11:05 am 100 final

11:40 am 800

12:55 pm 200 hurdles/400 hurdles

1:35 pm 200 final

2:05 pm 4 x 400

Sunday July 10, 2016 Field Events:**Triple Jump**

8:30 am 17-18 M/W

9:40 am 13-14 B; 15-16 B

10:50 am 13-14 G; 15-16 G

Javelin

8:00 am 13-14 G

9:00 am 13-14 B

10:00 am 17-18 W

11:00 am 17-18 M

12:00 pm 15-16 B

1:00 pm 15-16 G

Pole Vault

9:00 am 13-14G, 15-16G, 17-18W

Discus Throw

9:15 am 11-12 G

10:45 am 11-12 B

Questions please contact:**Minnesota:****Chris Dallager (612) 913-8299**chrisdallager@comcast.net**Region 8 Coordinator:****Rubin Carter (402) 203-9190**coachc2009@yahoo.com