

**USATF**  
**North Carolina Regional Junior Olympic**  
**Track and Field Championships**  
**July 6-9 2023**  
**Durham County Memorial Stadium**

**Thursday July 6, 2023**  
**Schedule of Events**

**COMBINED EVENTS:**

**9:00 AM** 15-16(B) & 17-18(M) **Decathlon-Day 1**  
100m Dash  
Long Jump  
Shot Put (12lb)  
High Jump  
400m Dash

**9:30 AM** 15-16(G) & 17-18(W) **Heptathlon-Day 1**  
100m Hurdles (33")  
High Jump  
Shot Put (4kg)  
200m Dash

**10:00 AM** 13-14(G) and 13-14(B) **Pentathlon**  
100m Hurdles (G 30"/B 33")  
Shot Put (G 6lb/B 4kg)  
High Jump  
Long Jump  
800m (G)/1500m (B) Run

**10:30 AM** 11-12(G) & 11-12(B) **Pentathlon**  
80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
800m (G)/1500m (B) Run

**FIELD EVENTS:**

**8:00 AM** **Hammer Throw**  
All Divisions  
Boys/Men  
followed by  
Girls/Women

**12:00PM** **Discus**  
11-12 G / 13-14 G

**1:00PM** 15-16 G / 17-18 W

**2:00PM** 11-12 B / 13-14 B

**3:00PM** 15-16 B / 17-18 M

**RUNNING EVENTS:**

**5:00 PM** **4x800**  
All Divisions

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**FRIDAY, July 7, 2023**

**Schedule of Events**

**COMBINED EVENTS:**

**9:00 AM**      15-16B & 17-18M **Decathlon-Day 2**  
110m Hurdles (39")  
Discus (1.6kg)  
Pole Vault  
Javelin (800 G)  
1500m Run

**9:00 AM**      15-16(G) & 17-18(W) **Heptathlon-Day 2**  
Long Jump  
Javelin (600g)  
800m Run

**9:30AM**      9-10(G)-9-10(B) **Triathlon**  
Shot Put (6lb)  
High Jump  
200m Dash

**FIELD EVENTS:**

**2:30PM**      **Long Jump** 8 and U G/B  
3:00P      9-10 G/B  
4:30P      11-12 G/B

**RUNNING EVENTS:**

**8:00 AM**      **2000m Steeplechase**  
All Divisions

**10:00 AM**      **1500m Race Walk Finals**  
9-10(G/B), 11-12(G/B)

**10:30 AM**      **3000m Race Walk Finals**  
13-14(G/B), 15-16(G/B),  
17-18(M/W)

**12:30PM Lunch Break**

**2:00PM 4x100** Qualifying All Divisions

**3:00PM 800m** Finals All Divisions

**4:30PM 200m** Semi Final

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**Saturday July 8, 2023**

**Schedule of Events**

**RUNNING EVENTS:**

**8:30 AM**      **3000m Run Finals** – 11-12(G/B),  
13-14 (G/B), 15-16 (G/B), 17-18 (M/W)

**10:45 AM**      **Short Hurdle Qualifying**  
110m    15-16(B), 17-18(M)  
100m    13-14(B), 15-16(G), 17-18(W)  
100m    13-14(G)  
80m     11-12(G)/11-12(B)

**12:00 PM**      **400m Dash Qualifying All Age Divisions**

**1:30 PM**      **100m Dash Qualifying All Age Divisions**  
**Lunch Break**

**3:30 PM**      **Hurdle Qualifying**  
200m            13-14(G/B)  
400m            15-16(G), 17-18(G)

**4:30 PM**      400m            15-16(B), 17-18(M)  
**4 x 100m Relay Finals All Divisions**

**FIELD EVENTS:**

**9:00AM**      **SHOT PUT** 17-18M, 15-16 B  
11:00A      13-14B  
1:30P        11-12B, 9-10B  
3:00P        8 and UB

**9:00 AM**      **POLE VAULT** – All G/W

**10:00 AM**      **TRIPLE JUMP** 13-14 G/B  
11:00A        15-16 G/B  
12:30P        17-18 M/W

**11:00 AM**      **HIGH JUMP** 9-10 B  
12:00P        15-16B  
12:00P        17-18 M  
1:30P        11-12B  
2:30P        13-14B

**10:00 AM**      **Javelin** 17-18 W followed by 17-18 M  
11:00A 15-16 G followed by 15-16 B  
12:00P 13-14 G followed by 13-14 B  
1:00P 11-12 G followed by 11-12 B  
2:00P 9-10 G followed by 9-10 B  
3:00P 8 and U G/B

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**SUNDAY July 9, 2023**

**Schedule of Events**

**RUNNING EVENTS:**

<b>8:30 AM</b>	<b>1500m Run Finals</b> (All Divisions)
<b>10:00AM</b>	<b>Short Hurdles Finals</b> (All Divisions)
<b>11:00AM</b>	<b>400m Dash Finals</b> (All Divisions)
<b>12:30PM</b>	<b>100m Dash Finals</b> (All Divisions)
<b>1:30 PM</b>	<b>200m Hurdle Finals</b> (All Divisions)
	<b>400m Hurdle Finals</b> (All Divisions)
<b>2:30 PM</b>	<b>200m Dash Finals</b> (All Divisions)
<b>3:30PM</b>	<b>4 x 400m Relay Finals</b> (All Divisions)

**FIELD EVENTS:**

<b>9:00 AM</b>	<b>POLE VAULT</b> – All B/M
<b>9:30 AM</b>	<b>HIGH JUMP</b>
	9-10 G
	10:30A 11-12 G
	12:00P 17-18 W
	1:00PM 13-14 G
	2:30PM 15-16 G
<b>10:00AM</b>	<b>SHOT PUT</b>
	17-18 W followed by 15-16
	11:00AM 13-14 G followed by 11-12 G
	12:30AM 9-10 G followed by 8 and U G
<b>11:00AM</b>	<b>LONG JUMP</b>
	17-18 M/W
	12:45P 15-1`6B/G
	2:30P 13-14 B/G