

## JUNIOR OLYMPICS - ORDER OF TRACK EVENTS

**Running events only: all age group girls followed by all age group boys (youngest to oldest) except the short hurdles**

### ALL FINALS

8:00 AM Racewalk (1500 - 3000)

9:00 AM 3000 M

100 M Dash Prelims\* - Top 8 to Finals  
(15-16/17-18) Only

4 x 800 M Relay << NOTE: Typically there are no 4x800 relay entries

110/100/80 M Hurdles - Finals

100 M Dash Finals - All Divisions

200/400 M Hurdles - Finals

400 M Dash

1500 M (Also Declaration Time for 200 M)

4 x 100 M Relay

800 M

200 M - Finals Only - Declaration Required During 1500M

2K Steeplechase - 23 Jumps

4 x 400 M Relay

**See declaration information for 200M.**

**Youngest age groups compete first.**

**\*If entries insufficient for preliminaries; events run as a timed final!**

## JUNIOR OLYMPICS - ORDER OF FIELD EVENTS

**STARTING AT 9:00 AM - Girls followed by Boys/Will combine as needed**

### HIGH JUMP

G/B

9-10 }  
11-12 } 1st  
13-14 } Coed  
          } Session

15-16, 17-18 Coed

### DISCUS

11-12 }  
13-14 } 1st  
15-16, 17-18 Girls } Coed  
                              } Session

Followed By  
15-16, 17-18 Boys

↓  
THEN

### JAVELIN

(Follows Discus)

800g — 15-16, 17-18 Boys

600g < 13-14 Coed  
          < 15-16, 17-18 Girls

### TURBO

1 Flight Coed < 11-12  
                          < 9-10  
                          < 8 & Under

### LONG JUMP

Pit 1 Girls

Pit 2 Boys

8 & Under

9-10

11-12

13-14

15-16

17-18

↓  
THEN

### TRIPLE JUMP

17-18

15-16

13-14

Pit 1 - Girls

Pit 2 - Boys

### SHOT PUT (2 Pads)

15-16, 17-18 Boys — 12lbs

15-16, 17-18 Girls

13-14 Boys — 4Kg

13-14 Girls — 6lbs

9-10, 11-12 Coed

8 & Under — 2Kg

### POLE VAULT

1st Session (Coed)

Opening Height 6ft

13-14, 15-16, 17-18

2nd Session (Coed)

Opening Height 10ft

13-14, 15-16, 17-18