

Sample 2-Day Youth Track & Field Meet Schedule

- When a three-day schedule is required the Intermediate Girls and Boys and the Young Women and Young Men will compete on Friday in the long jump, hammer throw and steeplechase. Other events can be contested on Friday as deemed necessary by Meet Director
- No Sub-Bantam division at Junior Olympic Championship meets; Sub-Bantams must compete at Bantam level at all Junior Olympic competitions. Also, triple jump to start after completion of the long jump. Discus to start after completion of the javelin
- 4x200 is an exhibition event only. It is held at the discretion of the Meet Director. The 4x200 will not be contested at the PAC Championship, JO Championship or Region 14 JO Championship meets

FIRST DAY

TRACK EVENTS

5000 meter run finals	YM
3000 meter run finals	MG, MB, YG, YB, IG, YW
4x800 relay finals	MG, MB, YG, YB, IG, IB, YW, YM
200 meter trials	All age groups starting with SBG
1500 meter Race Walk finals	BG, BB, MG, MB
3000 meter Race Walk finals	YG, YB, IG, IB, YW, YM
800 meter run finals	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
200 meter finals	All age groups starting with SBG
110 meter hurdle trials	IB, YM
100 meter hurdle trials	IG, YW, YB, YG
80 meter hurdle trials	MG, MB
400 meter run finals	All age groups starting with SBG

FIELD EVENTS

Long Jump	SBG, SBB, BG, BB, MG, MB, YG, YB
High Jump	YG, YB, IG, IB, YW, YM
Shot Put	YW, YM, IG, IB, YG, YB, MG, MB, BG, BB
Javelin	YG, YB, IG, IB, YW, YM
Pole Vault	YB, IB, YM
Mini Javelin	MG, MB, BG, BB, SBG, SBB

SECOND DAY

TRACK EVENTS

1500 run finals	All age groups starting with BG
4x100 relay finals	All ages starting with SBG
200 meter hurdle finals	YG, YB
400 meter hurdle finals	IG, IB, YW, YM
100 meter trials	All age groups starting with SBG
110 meter hurdle finals	IB, YM
100 meter hurdle finals	IG, YW, YB, YG
80 meter hurdle finals	MG, MB
100 meter finals	All age groups starting with SBG
4x200 meter relay*	All age groups starting with SBG
4x400 meter relay finals	All age groups starting with BG

FIELD EVENTS

Long Jump	IG, IB, YW, YM
Triple Jump	YG, YB, IG, IB, YW, YM
Discus	MG, MB, YG, YB, IG, IB, YW, YM
High Jump	BG, BB, MG, MB
Pole Vault	YG, IG, YW

Sample 3-Day Youth Track & Field Meet Schedule

DAY 1

FIELD EVENTS – 4:00 pm

Long Jump(Pit 1)	Intermediate Girl, Young Women
Long Jump(Pit 2)	Intermediate Boy, Young Men
Hammer Throw	
Shot Put	Young Women, Intermediate Girl
Shot Put	Young Men, Intermediate Boy
Javelin	Young Women, Intermediate Girl
Javelin	Young Men, Intermediate Boy

TRACK EVENTS – 4:00 pm

400m Dash Trials	Bantam through Young Men
Steeple Chase	Intermediated Girl, Young Women
Steeple Chase	Intermediated Boy, Young Men

TRACK EVENTS – 5:30 pm

4x800mRelay	Bantam through Young Men
-------------	--------------------------

SATURDAY

- Saturday 80/100/110 hurdle events will be as Finals if no heats are required
- Subbantams must compete as bantams

FIELD EVENTS

Event	AgeGroup	Time	Event	Age Group	Time
TripleJump	Youth	8:30	MiniJavelin	MidgetGirl	8:30
TripleJump	Intermediate		MiniJavelin	MidgetBoy	
TripleJump	YoungWm/Men		MiniJavelin	BantamGirl	
MiniJavelin	BantamBoy				
HighJump	YoungWm	8:30			
HighJump	YoungMen		ShotPut	YouthGirl	8:30
HighJump	IntermediateGirl		ShotPut	YouthBoy	
HighJump	IntermediateBoy		ShotPut	MidgetGirl	
HighJump	YouthGirl		ShotPut	MidgetBoy	
HighJump	YouthBoy		ShotPut	BantamGirl	
ShotPut	BantamBoy				
PoleVault	YouthBoy	8:30			
PoleVault	IntermediateBoy				
PoleVault	YoungMen				
Javelin	Youth	8:30			

TRACK EVENTS

Event	AgeGroup	Time
5000mFinals	YoungMen	8:30
3000mFinals	MidgetthroughYoungWomen	9:00
200mDashTrials	BantamthroughYoungMen	10:30
1500mRWFinals	Bantam, Midget	12:00
3000mRWFinals	Youth,Intermediate,YoungWm/YoungMen	12:30
800mFinals	BantamthroughYoungMen	1:30
200mDashFinals	BantamthroughYoungMen	3:00
80mHurdleTrials	Midget	3:30
100mHurdleTrials	Youth,Intermediate,YoungWm/YoungMen	3:45
100mHurdleTrials	YouthBoy	4:00
110mHurdleTrials	IntermediateBoy, YoungMen	4:15
400mDashFinals	BantamthroughYoungMen	4:30

We have the option of starting an event up to 30 minutes early if possible.

SUNDAY

FIELD EVENTS

Event	AgeGroup	Time	Event	AgeGroup	Time
Discus	MidgetGirl	8:30	PoleVault	YouthGirl	8:30
Discus	MidgetBoy		PoleVault	IntermediateGirl	
Discus	YouthGirl		PoleVault	YoungWomen	
Discus	YouthBoy				
Discus	IntermediateGirl		LongJump	YouthGirl	8:30
Discus	IntermediateBoy		LongJump	YouthBoy	
Discus	YoungWomen		LongJump	MidgetGirl	
Discus	YoungMen		LongJump	MidgetBoy	
LongJump	BantamGirl				
HighJump	BantamGirl	8:30	LongJump	BantamBoy	8:30
HighJump	BantamBoy				
HighJump	MidgetGirl				
HighJump	MidgetBoy				

TRACK EVENTS

Event	AgeGroup	Time
1500mFinals	BantamthroughYoungMen	9:00
100mDashTrials	BantamthroughYoungMen	10:00
200mHurdleFinals	YouthGirl, YouthBoy	11:30
400mHurdleFinals	IntermedGirl/YoungWomen, IntermedBoy/YoungMen	11:45
4x100mRelayFinals	BantamthroughYoungMen	12:00
80mHurdleFinals	Midget	1:30
100mHurdleFinals	YouthGirl, IntermediateGirl, YoungWomen	1:45
100mHurdleFinals	YouthBoy	2:00
110mHurdleFinals	IntermedBoy, YoungMen	2:15
100mDashFinals	BantamthroughYoungMen	2:30
4x400mRelayFinals	BantamthroughYoungMen	3:00

We reserve the right to start an event up to 30 minutes early if possible. Therefore Please check in at first call to prevent any problems. We will not re-instate athletes after that athlete has been eliminated. Please remember this when gauging your track meet and event arrival times.