



2018 USATF JUNIOR OLYMPIC REGION 8 MEET INFORMATION

July 5-8, 2018 Ames, Iowa

Thursday July 5, 2018:

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 6, 2018 :

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 6, 2018 Field Events:

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

Saturday July 7, 2018 Track Events:

9:00 am	100m dash	prelims
10:20 am	4 x 800 relay	finals
10:50 am	80/100/110 hurdles	prelims
11:35 am	4 x 100 relay	finals
12:35 pm - 1:05 pm <u>BREAK</u>		
1:05 pm	400 m dash	finals (timed)
2:20 pm	1500m run	finals
3:40 pm	200m dash	prelims

Saturday July 7, 2018 Field Events:

High Jump (2 Pits)		Long Jump (2 Pits)		Pole Vault (1 Pit)	
8:00 am	17-18 M/W	8:00 am	15-16 B/G	9:00 am	13-14 B, followed by 17-18M, then 15-16B
10:00am	15-16 B/G	10:00am	13-14 B/G	(there will be appropriate warmup	
11:45am – 12:15pm Break		12:00am – 12:30pm Break		Between age groups)	
12:15 pm	9-10 B/G	12:30 pm	11-12 B/G	(PV workers 30 min break after 17-18M)	
2:00 pm	13-14 B/G	2:30 pm	17-18 M/W		

Shot Put (2 Rings)		Turbo Javelin		Discus Throw	
8:00 am	8 & Under B/G	8:00 am	9-10 G	8:00am	17-18 W
9:15 am	9-10 B/G	9:15 am	11-12 B	9:30 am	17-18 M
10:30 am	11-12 B/G	10:30 am	8 & Under B	11:00 am	15-16 G
12:00pm – 12:30pm Break		11:45am – 12:15pm Break		12:30pm – 1:00pm Break	
12:30 pm	13-14 B/G	12:15 pm	9-10 B	1:00 pm	15-16 B
2:00 pm	15-16 B/G 17-18 M/W	1:30 pm	8 & Under G	2:35 pm	11-12 G 13-14 G
3:30 pm	17-18 M/W 15-16 B/W	2:45 pm	11-12 G	4:00 pm	13-14 B

** A couple of changes have been made to field event schedules. They are highlighted in RED above.

Sunday July 8, 2018 Track Events:

9:00 am	3000m run	finals
10:40 am	80/100/110 hurdles	finals
11:05 am	100m dash	finals
11:40 am	800m run	finals
12:55 pm	200/400 hurdles	finals
1:35 pm	200m dash	finals
2:05 pm	4 x 400 relay	finals

Sunday July 8, 2018 Field Events:

Triple Jump		Javelin		Discus	
8:30 am	17-18 M/W	8:00 am	13-14 G	9:15 am	11-12 G
9:40 am	13-14 B; 15-16 B	9:00 am	13-14 B	10:45 am	11-12 B
10:50 am	13-14 G; 15-16 G	10:00 am	15-16 G		
		11:00 am	17-18 W		
		12:00 pm	15-16 B		
		1:00 pm	17-18 M		

Pole Vault

9:00 am 13-14G, followed by 15-16G, then 17-18W
(there will be appropriate warmup between age groups)

Questions please contact:

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