



**SOUTH CAROLINA USATF ASSOCIATION  
 JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS  
 WINTHROP UNIVERSITY, ROCK HILL, SOUTH CAROLINA  
 June 14 – June 16<sup>th</sup> 2013**

**Friday, June 14 Day 1 Schedule**

**Running Events:**

3:00 PM	1500m Racewalk	(9/10 G) (9/10 B) (11/12 G) (11/12 B)
4:30 PM	3000m Racewalk	(13/14G) (13/14B)
5:00 PM	3000m Racewalk	(15/16G) (15/16B) (17/18G) (17/18B)
5:30 PM	4 X 800m Relays	(13/14 G/B) (15/16 G/B) (17/18 G/B)

**Field Events:**

2:00 PM	Javelin (area #1)	(13/14G)	(600g)
2:45		(13/14B)	(600g)
3:30		(15/16G)	(600g)
4:15		(15/16B)	(800g)
5:00		(17/18G)	(600g)
5:45		(17/18B)	(800g)
2:00 PM	Mini Javelin (area #2)	(8/under G) (9/10G)	(300g)
3:15		(8/under B) (9/10B)	(300g)
4:30		(11/12 G)	(300g)
5:15		(11/12 B)	(300g)
2:00 PM	Hammer Throw	(15/16 G) (17/18 G)	(4kg)
		(15/16 B) (17/18 B)	(12lb)
2:00 PM	Pole Vault	(13/14 G) (15/16 G)	
		Warm up @ 1:00PM	
5:00 PM	Pole Vault	(13/14 B) (15/16 B)	
		Warm up @ 4PM	

- **Some of the age groups in the Racewalk and the 4X800 may be combined**



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**Saturday, June 15<sup>th</sup> Day 2 Schedule**

**Please arrive for check in for your event at least 45 minutes prior to start time.**

**Running Events:**

8:00 AM	1500m Run * Finals*	All Divisions	<b>Age Division may be combined</b>
10:00 AM	100m Trials	All Divisions	
12:00 PM	400m Trials	All Divisions	
1:30	4 x 100m relay Trials	All Divisions	
2:30	80m Hurdle Trials	(11/12 G/B) (30")	
3:00	100m Hurdle Trials	(13/14 G/B) (15/16 G) (17/18 G) (14/15G = 30") (14/15B, 15/16G, 17/18 G =33")	
3:30	110m Hurdle Trials	(15/16, 17/18 B) (39")	
3:45	200m Trials	All Divisions	

**Field Events:**

**Shot Put**

8:30 AM	(8 & under G/B) (2lb)
9:30	(9/10G) (6lb)
10:30	(9/10B) (6lb)
11:30	(11/12G) (6lb)
1:00PM	(11/12B) (6lb)
2:30	(13/14G) (6lb)

**Pole Vault**

9:30 AM (17/18G)	*Warm up @ 8:30AM
12:30 PM (17/18B)	*Warm up @ 11:30AM

**Discus**

8:30 AM	(13/14B) (1 kg)
10:00	(15/16G) (1 kg)
11:30	(15/16B) (1.6 kg)
12:30 PM	(17/18G) (1 kg)
1:30	(17/18B) (1.6 kg)

**Long Jump**

8:30 AM
10:30
12:00 PM
1:30
3:00

**Pit #1**

(13/14B)
(13/14G)
(11/12B)
(11/12G)
(8 & under G)

**Pit #2**

(17/18B)
(17/18G)
(15/16B)
(15/16G)
(8 & under B)

**High Jump**

8:30 AM	(9/10G)
9 :30	(9/10B)
10 :30	(11/12G)
11 :30	(11/12B)
12 :30 PM	(15/16G)

**\*Running events with less than 8 competitors will be run as a final!!**



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**Sunday, June 16, 2013**

**Please report to check-in at least 30 minutes before your scheduled event.**

**Running Events:**

8:00 AM	3000m Run	(17/18B) (17/18G)	
8:30	3000m Run	(11/12 G, B) (13/14G, B) (15/16 G, B)	
9:00	4 x 100m Relay	Finals All Divisions	
9:30	80m Hurdle Finals	(11/12 G, B) (30")	
9:45	100m Hurdle Finals	(13/14G) (30"), (13/14B, 15/16G, 17/18G) (33")	
10:00	110 Hurdle Finals	(15/16B, 17/18B) (39")	
10:30	100m Finals	All Divisions	
10:45	400m Finals	All Divisions	
11:00	800m Finals	All Divisions	
12:00PM	200m Hurdles	(13/14G &B) (30")	Section vs. Time
12:30	400m Hurdles	(15/16G, 17/18G) (30")	Section vs. Time
		(15/16B, 17/18B) (36")	Section vs. Time
1:00	200m Dash	All Divisions	
1:30	4 x 400m Relay Finals	All Divisions	Section vs. Time

**Field Events:**

**Shot Put**

8:30 AM	(13/14B) (4 kg)
9:30	(15/16G) (4 kg)
10:30	(15/16B) (12 lb)
11:30	(17/18G) (4 kg)
12:30	(17/18B) (12 lb)

**Discus**

8:30 AM	(11/12B) (1 kg)
9:30	(11/12G) (1 kg)
10:30	(13/14G) (1 kg)

**Long Jump (Pit #1)**

10:30 AM	(9/10 G)
11:30	(9/10B)

**Triple Jump (Pit #2)**

8:30 AM	(13/14G)
9:30	(13/14B)
10:30	(15/16G)
11:30	(15/16B)

**Triple Jump (Pit #1)**

8:30	(17/18G)
9:30	(17/18B)

**High Jump**

8:30	(13/14B)
9:30	(17/18B)
10:30	(13/14G)
11:30	(17/18G)
12:30	(15/16B)