

USA Track & Field Region III 2016 Junior Olympics Championship

JULY 7-10, 2016 at Landover, MD
Prince George's Sports and Learning Complex
USATF Sanctioned Event
Region III Coordinator: Henry McCallum

Youth Chair: Quentin Wilson
Meet Director: Barbara Smith/Henry McCallum Jr
Meet Referee: Phillip Barrett Sr./ Eugene Neal
Head Official: Dr. William Price

SPECTATOR FEE \$5.00 PER DAY OR THREE DAY PASS \$12.00
SENIOR CITIZENS 55 & OLDER \$4.00 PER DAY OR THREE DAY PASS \$10.00
!!! MEET CAN RUN UP TO THIRTY(30) MINUTES AHEAD OF SCHEDULE.!!!

Schedule of Events

THURSDAY, JULY 7, 2016

9:00 AM - 15-16 17-18 Decathlon (First Day)

100 Meter Dash
Long Jump
Shot Put (12 lb.)
High Jump
400 Meter Dash

9:30 AM - 11-12 Girls/Boys Pentathlon

80 Meter Hurdles
High Jump
Shot Put
Long Jump
800/1500 Meter Run

10:30 AM - 13-14 Girls/Boys Pentathlon

100 Meter Hurdles (30"/33")
High Jump
Shot Put (6 lb/4 kilos)
Long Jump
800/1500 Meter Run

11:30 PM - 15-16 Girls & 17-18 Women Heptathlon (First Day)

100 Meter Hurdles (33")
High Jump
Shot Put (4 kilos)
200 Meter Dash

Running Events:

3:00 PM 2000m Steeplechase Finals 15-16 G/B 17-18 M/W

5:00 PM 4X800 Relay Finals

HAMMER

8:00 AM 15-16 17-18 Girls

JAVELIN:

10:00 AM 17-18 Girls

12:00 pm 15-16 Girls

2:00 PM 17-18 Boys

4:00 PM 15-16 Boys

FRIDAY, JULY 8, 2016

9:00 AM - 15-16 17-18 Decathlon (Second Day)

110 Meter Hurdles (39")
Discus (1.6 kilos)
Pole Vault
Javelin (800 g)
1500 Meter Run

10:00 AM 9-10 Girls/Boys Triathlon

Shot Put (6 lb)
High Jump
200/400 Meter Dash

11:00 AM - 15-16 Girls & 17-18 Women Heptathlon (Second Day)

Long Jump
Javelin
800 Meter Run

Running Events:

10:00 AM 3000m Race Walk Finals 15-16 G/B./ 17-18 M/W
10:30 AM 3000m Race Walk Finals 13-14 Girls/Boys
11:00 AM 1500m Race Walk Finals 9-10 11-12 Girls/Boys
1:00 PM 4 X 400 Relay Qualifying All Division
2:30 PM 4 X 100 Relay Qualifying All Division
4:00 PM 800 Meter Run Finals All Divisions

Field Events:

JAVELIN:

10:00AM 13-14 Girls
3:00 PM 13-14 Boys

LONG JUMP:

11:00 AM 9-10 Boys – Pit N2 Girls – Pit N1
1:00 PM 8 & Under Boys - Pit N2 Girls - Pit N1
3:00 11-12 Boys- Pit N2/Girls-Pit S1

SHOT PUT:

11:30AM 11-12 Boys- Circle S1
1:30 PM 11-12 Girls- Circle S2

HAMMER

8:00 AM 15-16 17-18 Boys

SATURDAY, JULY 9, 2016**Running Events:**

8:00 AM 3000 Meter Run Finals 11-12 13-14 15-16 G/B
17-18 Women/Men

11:15 AM Short Hurdle Qualifying
80 Meter 11-12 Girls/Boys
100 Meter 13-14 /15-16 Girls 17-18 Women
110 Meter 15-16 Boys/17-18 Men

12:00 PM 400 Meter Dash Qualifying All
1:45 100 Meter Dash Qualifying All
3:30 200 Meter Dash Qualifying All
5:15 200 Meter & 400 Meter Hurdles Qualifying All
6:00 4x100 Meter Relays Finals All Divisions

Field Events:**LONG JUMP:**

9:00 AM 13-14 Boys- Pit N2/Girls-Pit S1
10:30 15-16 Boys - Pit N2/Girls - Pit S1
1:30 PM 17-18 Men - Pit N2/Women - Pit S1

POLE VAULT

10:00 AM 13-14 Girls, 15-16 Girls, 17-18 Women

HIGH JUMP:

9:00 AM 17-18 Men - Mat # 2
9:00 AM 9-10 Boys - Mat #1
11:00 AM 15-16 Boys - Mat # 2
11:00 AM 11-12 Boys - Mat #1
1:00 PM 13-14 Boys - Mat # 2

SHOT PUT:

8:30 AM 8 & Under Boys - (6 lb) - Pit #1
8:30 AM 17-18 Men - (12lb) - Pit # 2
10:30 AM 13-14 Boys - (4kg) - Pit #1
10:30 AM 15-16 Boys - (12lb) - Pit # 2
1:00 PM 9-10 Boys - (6 lb) - Pit #1

DISCUS

9:00 AM 11-12 Girls - Circle N1
10:30 15-16 Girls - Circle N1
12:00 PM 13-14 Girls - Circle N1
2:00 17-18 Women - Circle N1

MINI JAVELIN:

9:00 AM Mini Javelin 9-10s G/B
11:00 AM Mini Javelin 11-12 G/B
1:30 PM Mini Javelin 8 & Under G/B

SUNDAY, JULY 10, 2016**Running Events:**

8:00 AM 1500m Run Finals
10:30 Short Hurdles Finals 80M 100M 110M
11:30 400m Dash Finals
12:45PM 200m Hurdles Finals
1:15 400m Hurdles Finals
1:45 100m Dash Finals
2:30 200m Dash Finals
4:15 4x400 Relay Finals

Field Events:**POLE VAULT:**

10:00 AM 13-14 Boys, 15-16 Boys, 17-18 Men

DISCUS THROW:

9:00 AM 13-14 Boys - Circle N1
10:30 17-18 Men - Circle N1
12:00 PM 15-16 Boys - Circle N1
2:00 11-12 Boys - Circle N1

HIGH JUMP:

9:00 AM 17-18 Women - Mat # 2
9:00 AM 9-10 Girls - Mat #1
11:00 AM 15-16 Girls - Mat # 2
11:00 AM 11-12 Girls - Mat #1
1:00 PM 13-14 Girls - Mat # 2

SHOT PUT:

8:30 AM 17-18 Women (4kg) - Pit # 2
8:30 AM 8 & Under Girls (6lb) - Pit #1
10:30 AM 9-10 Girls (6 lb)- Pit #1
10:30 AM 13-14 Girls (6 lb) - Pit # 2
12:30 PM 15-16 Girls (4kg) - Pit # 2

TRIPLE JUMP:

9:30 AM 13-14 Boys-Pit S1/ 13-14 Girls-Pit N1
11:30 PM 15-16 Boys-Pit S1/ 15-16 Girls-PitN1
1:30 17-18 Men-Pit S1 / 17-18 Women-Pit N1

PARKING & DIRECTIONS TO THE COMPLEX**Directions:**

From I-95/495, exit 17B-(202) north toward Bladensburg. Turn left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right to park in Green Lot D3 & D4.