



2014 AAU Region 1 Junior Olympic Qualifier University of Massachusetts – Lowell

Meet Coordinator: Charlene Cumberbatch, AAU New Jersey Athletics Director

Meet Manager: Curtis Jackman, AAU New England Athletics Director

Meet Host: Cambridge Jets Track Club, and Head Coach, Curtis Jackman/

With the support of the Greater Lowell Chamber of Commerce

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- This is a pre-entry meet only.

ORDER OF EVENTS

Friday June 27th University of Massachusetts -Lowell - **Start Time 8:30am**

Please check in 30 minutes prior to start of event

Decathlon: Day 1 - 100m, Long Jump, Shot-put (12 lbs.), High Jump and 400m

Heptathlon: Day 1 - 100m Hurdles, High Jump, Shot-Put (4 kg.) and 200m

G-2G, 3G/Triathlon HJ, SP (6#), 200m Dash 9:00AM

B-2B, 3B/Triathlon HJ, SP (6#), 400m Dash 9:00AM

G-4G, 5Gt/Pentathlon 80m H (8-30"), SP (6#), HJ, LJ, 800m

B-4B, 5Bt/Pentathlon 80m H (8-30"), SP (6#), HJ, LJ, 1500m

G-6G, 7G/Pentathlon 100mH (10-30"), SP (6#), HJ, LJ, 800m

B-6B, 7B/Pentathlon 100mH (10-33"), SP (4 kg), HJ, LJ, 1500m

Multi-Event start times and start day may change if entry levels exceed anticipated. Any changes will be posted on www.njaau.org, coacho.com and supersonictrack.com. All events will be run in the time order listed above. All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready.

FRIDAY June 27, 2014–Track Events – 9:30AM – Rolling Schedule

3000M Run	(4G, 4B, 5G, 5B, 6G, 6B, 7G, 7B, 8G, 8B, 9G, 9B)	FINAL
3000 M Race-walk	(5G, 5B, 7G, 7B, 8G, 8B, 9W, 9M)	FINAL
1500 M Race-walk	(4G, 4B, 5G, 5B)	FINAL
3200 M Relay	(5G, 5B, 7G, 7B, 8G, 8B, 9W, 9M)	FINAL
400 M Hurdles	(8G, 9W, 8B, 9M)	FINAL
200 M Hurdles	(6G, 7G, 6B, 7B)	FINAL
200 M Dash	(All Divisions)	SEMI
<u>Steeplechase will be contested Friday June 27th – 8am</u>		
2000 M Steeplechase	(8G, 9G, 8B, 9M)	FINAL

Some Long Jump completion may be moved to Friday. Please check back for updates to schedule.

SATURDAY June 28, 2014 – Track Events - 8:00AM - Rolling Schedule

Multi-Events Start Time 8:30am - Rubber Tipped Javelin Only (provided by meet)

Decathlon (8:00am): Day 2 – 110m Hurdles, Discus Throw, Pole Vault, Javelin (800g) and 1500m

Heptathlon (8:00am): Day 2 - Long Jump, Javelin (600g) and 800m

400 M Relay (All Divisions)	FINAL
1500 M Run (All Divisions)	FINAL
100 M Dash (All Divisions)	SEMI
110 M Hurdles (8B, 9M)	SEMI
110 M Hurdles (Multi-Event Only)	
100 M Hurdles (6G, 6B, 7G, 7B, 8G, 9W)	SEMI
80 M Hurdles (4G, 5G, 4B, 5B)	SEMI
400 M Dash (1G, 1B, 2G, 2B, 3G, 3B, 4G, 4B, 5G, 5B)	FINAL
400 M Dash (6G, 6B, 7G, 7B, 8G, 8B, 9W, 9M)	SEMI
1500 M Run (Multi-Event Only)	
800 M Run (Multi Event Only)	

Multi-Events May effect the events order, for they must be ran in accordance with the time requirement of the event.

SATURDAY June 28, 2014- Field Events - 8AM

DISCUS (8G, 8B, 9W, 9M, 4MG, 4MB, 5G, 5B, 6YG, 6YB, 7G, 7B)

Long Jump (4G, 4B, 5G, 5B, 6G, 6B, 7G, 7B, 8G, 8B, 9W, 9M)

**High Jump (SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG,
SYB, YG, YB)**

**Shot-Put (3G, 3B, 4G, 4B, 5G, 5B, 6G, 6B, 7G, 7B,
2G, 2B, 1G, 1B)**

Pole Vault (6B, 7B, 8B, 9M)

*****IN ORDER CALLED. NO OPEN PIT*****

SUNDAY June 29, 2014 Track Events – 8:00AM – Rolling Schedule

110 Meter Hurdles (8M, 9M)	FINAL
100 Meter Hurdles (6G, 6B, 7G, 7B, 8G, 9W)	FINAL
80 Meter Hurdles (4G, 5G, 4B, 5B)	FINAL
400 Meter Dash (6G, 6B, 7G, 7B, 8G, 9W)	FINAL
100 Meter Dash (All Divisions)	FINAL
800 Meter Dash (All Divisions)	FINAL
200 Meter Dash (All Divisions)	FINAL
1600 Meter Dash Relay (All Divisions)	FINAL

All relays are ran as Double Divisions (i.e. 2 and 3, except Division 1)

SUNDAY June 29, 2014 - FIELD EVENTS – 8:00AM

POLE VAULT (9W, 8G, 7G, 6YG)

TRIPLE JUMP (6G, 6B, 7G, 7B, 8G, 8B, 9W, 9M)

HIGH JUMP (8G, 8B, 9W, 9M)

SHOT PUT (8G, 8B, 9W, 9M)

JAVELIN (6G, 6B, 7G, 7B, 8G, 8B, 9W, 9M) - Rubber Tipped Javelin Only (Provided)

TURBO-JAV (1G, 1B, 2G, 2B, 3G, 3B, 4G, 4B, 5G, 5B)

LONG JUMP 1G, 1B, 2G, 2B, 3G, 3B

***** IN ORDER CALLED NO OPEN PIT*****

Long Jump, Triple Jump, Shot Put, Discus and Javelin will contest three throws or jumps with top 8 returning for three additional throws or jumps to determine final places.