



AGE GROUPS	BIRTH YEAR
8 & Under*	2007 & After*
9 Year Old	2006
10 Year Old	2005
11 Year Old	2004
12 Year Old	2003
13 Year Old	2002
14 Year Old	2001
15-16 Year Old	1999 - 2000
17-18 Year Old**	1997 - 1998**

*** No Multi-Event competition for 8 & Under Age Groups**

****Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games (8 August 2015) (being held in Norfolk, VA) will be eligible to compete.**

ROLLING SCHEDULE

Track & Field Start time is 6:45 am. Events will be run one after the other. Athletes are responsible for their events and should be present awaiting for the start of their event. You must pay attention and listen for all PA announcements.





2015 Multi & Track & Field Events



ORDER OF EVENTS

WEDNESDAY, July 1 (Day 1)

NOTE: Wednesday & Thursday Multi Competitors will take precedence over Track & Field Competitors.

7:00 AM	15-18 (W)	Steeple Chase					TF
	15-18 (M)	Steeple Chase					TF
7:45 AM	9-10B	6 lb Shot Put	High Jump	400			
7:45 AM	9-10G	6 lb Shot Put	High Jump	200			
8:00 AM	15-18M	100 M	Long Jump	12 lb Shot Put	High Jump	400	
8:30 AM	15-18W	100 H	High Jump	4K Shot Put	200		
9:00 AM	11-12G	80 H	High Jump	6 lb Shot Put	Long Jump	800	
9:00 AM	11-12B	80 H	High Jump	6 lb Shot Put	Long Jump	1500	
9:15 AM	13-18W	3000 M Race	Walk				TF
	13-18M	3000 M Race	Walk				TF
11:00 AM	9-12G	1500 M Race	Walk				TF
	9-12B	1500 M Race	Walk				TF

THURSDAY, July 2 (Day 2)

7:00 AM	4 X 800	(ALL DIVISIONS)					TF
7:45 AM	15-18W	Long Jump	Javelin	800			
8:00 AM	15-18M	110 H	Discus	Pole Vault	Javelin	1500	
8:15 AM	13-14G	100 H	6 lb Shot Put	Long Jump	High Jump	800	
8:15 AM	13-14B	100 H	4K Shot Put	Long Jump	High Jump	1500	
1:00 PM	15-18M	400 H 36"					SF
	15-18W	400 H 33"					SF
	13-14G	200 H 30"					SF
	13-14B	200 H 30"					SF



"Sports For All, Forever"

FRIDAY, July 3 (Day 3)
(ROLLING SCHEDULE)

7:00 AM	3000 M Run (All Divisions Starting With 11G)	TF
	4 x 100 Relay (All Divisions)	SF
	800 M Run (All Divisions)	TF
	100 M Dash (All Divisions)	SF
	400 M Dash (All Divisions)	SF
	110 H (15-16 B/M (39"))	SF
	100 H (15-16 G/W (33"))	SF
	100 H (13-14 G/B (30"))	SF
	80 H (11-12 G/B (30"))	SF
	200 M Dash (All Divisions)	SF
	4 x 400 Relay (All Divisions)	SF

SATURDAY, July 4 (Day 4)
(ROLLING SCHEDULE)

7:00 AM	1500 M Run (All Divisions Starting With 8UG)	TF
	110 H (15-18 B/M (39"))	F
	100 H (15-18 G/W (33"))	F
	100 H (13-14 G/B (30"))	F
	80 H (11-12 G/B (30"))	F
	4 x 100 Relay (All Divisions)	F
	400 M Dash (All Divisions)	F
	100 M Dash (All Divisions)	F
	400 H (15-18 B/M (36"))	F
	400 H (15-18 G/W (30"))	F
	200 H (13-14 G/B) 30"	F
	200 Dash (All Divisions)	F
	4 x 400 Relay (All Divisions)	F

TF = Timed Finals SF = Semi Finals F = Finals

FIELD EVENTS

THURSDAY, July 2 (Day 2)

NOTE: Wednesday & Thursday Multi Competitors will take precedence over Track & Field Competitors.

SHOT PUT	RING 1	8:00	8UG	RING 2	8:00	8UB		
		9:30	9G		9:30	9B		
		11:00	10G		11:00	10B		
		12:30	11G		12:30	11B		
		2:00	12G		2:00	12B		
DISCUS		8:00	14G		12:30	15-16B		
		9:30	14B		2:00	17-18W		
		11:00	15-16G		3:30	17-18M		
HIGH JUMP	PIT 1	8:00	10G					
		9:30	10B					
		11:00	9G					
		12:30	9B					
		2:00	11G					
		3:30	11B					
TURBO JAV	PIT 1	8:00	8UG		9:00	8UB		Rolling Schedule
		10:00	9G		11:00	9B		
		12:00	10G		1:00	10B		
		2:00	11G		3:00	11B		
		4:00	12G		5:00	12B		

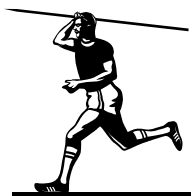


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FIELD EVENTS

FRIDAY, July 3 (Day 3)

TRIPLE JUMP	PIT 1	8:00 17-18W	PIT 2	8:00 17-18M		
		9:30 15-16G		9:30 15-16B		
		12:00 14G		12:00 14B		
		1:30 13G		1:30 13B		
HIGH JUMP	PIT 1	8:00 13G	PIT 2	8:00 14B		
		9:30 14G		9:30 13B		
		11:00 12G		11:00 12B		
		12:30 15-16G		12:30 15-16B		
		2:00 17-18W		2:00 17-18M		
DISCUS		8:00 13G		12:30 11G		
		9:30 13B		2:00 12G		
		11:00 11B		3:30 12B		
JAVELIN		8:00 15-16B				
		9:30 17-18M				
		12:00 15-16G				
		1:30 17-18W				
LONG JUMP	PIT 1	8:00 10G	PIT 2	8:00 10B		
		9:30 11G		9:30 11B		
		12:00 12G		12:00 12B		
		3:00 13G		3:00 13B		
SHOT PUT		8:00 15-16G		12:30 17-18M		
		9:30 15-16B				
		11:00 17-18W				



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FIELD EVENTS

SATURDAY, July 4 (Day 4)

POLE VAULT		7:00 13-14G		11:30 13-14B		
		8:30 15-16G		1:00 15-16B		
		10:00 17-18W		2:30 17-18M		
LONG JUMP	PIT 1	8:00 8UG	PIT 2	8:00 8UG	PIT 3	8:00 9G
		9:30 9B		9:30 14G		9:30 14B
		11:00 15-16G		11:00 15-16B		11:00 17-18G
		12:30 17-18B				
JAVELIN		8:00 13G		12:00 13B		
		9:30 14G		1:30 14B		
SHOT PUT	PIT 1	8:00 13G				
		9:30 13B				
		11:00 14G				
		12:30 14B				



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