



**AGE GROUPS**

**8 & Under\***  
**9 Years Old**  
**10 Years Old**  
**11 Years Old**  
**12 Years Old**  
**13 Years Old**  
**14 Years Old**  
**15-16 Years Old**  
**17-18 Years Old**

**BIRTH YEAR**

**2008 & After\***  
**2007**  
**2006**  
**2005**  
**2004**  
**2003**  
**2002**  
**2000 - 2001**  
**1998 - 1999\*\***

**\* No Multi-Event competition for Primary Age Groups**

**\*\*Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games (6 August 2016) will be eligible to compete.**

**ROLLING SCHEDULE**

**Track & Field Start time is 7:00 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.**





# 2016 Multi & Track & Field Events



## ORDER OF EVENTS

### WEDNESDAY, June 29 (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, June 30 (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



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**FRIDAY, July 1 (Day 3)**  
**(ROLLING SCHEDULE)**

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

**SATURDAY, July 2 (Day 4)**  
**(ROLLING SCHEDULE)**

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

**TF = Timed Finals      SF = Semi Finals      F = Finals**

## FIELD EVENTS

**THURSDAY, June 30 (Day 2)**

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

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



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## FIELD EVENTS

FRIDAY, July 1 (Day 3)

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



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## FIELD EVENTS

SATURDAY, July 2 (Day 4)

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



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