



## 2017 AAU REGION 3 CHAMPIONSHIPS MULTI – EVENTS / TRACK & FIELD MEET SCHEDULE



\*Athletes must be available to check-in to each event no later than **thirty (30)** minutes prior to the scheduled start of the event. Athletes should proceed to check-in on the first call. Once the final call is made for an event, the athlete will have **five (5)** remaining minutes to check-in. **Late** check-ins will not be permitted. The meet will proceed on a rolling schedule.

**All events will be contested on a rolling schedule.** All events, except for the first event of the day, may run up to one (1) hour ahead of posted schedule.

### Thursday, June 22, 2017

#### Multi-Event

##### **10:00 a.m.**

Triathlon 9 – 10 yrs. Boys  
High Jump (Pit 1),  
Shot Put, 400m

Triathlon 9 – 10 yrs. Girls  
Shot Put (Pit 2), High Jump, 200m

##### **10:00 a.m.**

Pentathlon 13 – 14 yrs. Boys  
100 M Hurdles, Long Jump, Shot  
Put, High Jump, 800 Meter Run

##### **10:15 a.m.**

Pentathlon 13 – 14 yrs. Girls  
100 M Hurdles, Long Jump,  
Shot, High Jump, 800M

##### **10:30 a.m.**

Heptathlon (Day One) 15 – 18 yrs. 100 M  
Hurdles, Shot Put, High Jump (Pit 2), 200  
Meter Run

##### **10:45 a.m.**

Decathlon (Day One) 15 – 18 yrs.  
100 Meter, Long Jump, Shot Put,  
High Jump, 400 Meter Run



REGISTRATION WILL BE CONDUCTED BY COACHO @ <http://coachoregistration.com>





# 2017 AAU REGION 3 CHAMPIONSHIPS MULTI – EVENTS / TRACK & FIELD MEET SCHEDULE



**Friday, June 23, 2017**

## Multi-Events

**8:15 a.m.**

Decathlon (Day Two) 15 – 18 yrs.  
Boys/Men  
110 Meter Hurdles, Pole Vault\*,  
Javelin, Discus, 1500M Run

**8:15 a.m.**

Heptathlon (Day Two) 15 – 18 yrs.  
Girls/Women  
Long Jump, Javelin, 800M Run

**8:45 a.m.**

Pentathlon 11 – 12 yrs. Boys 80  
Meter Hurdles, Long Jump, Shot  
Put, High Jump, 1500M Run

**8:30 a.m.**

Pentathlon 11 – 12 yrs. Girls 80M  
Hurdles, High Jump, Shot Put, Long  
Jump, 800M Run

## Track Events

**9:00 a.m.**

1500 Meter Race Walk (Finals) 9 – 12 yrs.  
3000 Meter Race Walk (Finals) 13 – 18 yrs.

**9:30 a.m.**

2000 m Steeplechase (Finals)

**12:00 p.m.**

All Age Divisions  
100M Dash (Semi-Final) – Top 8 Advance

## Field Events

**11:00 a.m.**

High Jump 9G - 9B, 10G - 10B

### ***Immediately following the 100m trials***

Long Jump Pit 1 8U Girls - 8U Boys; Pit 2 9U Girls – 9U Boys

**8:45 a.m.**

Pole Vault 13 – 14 yrs. Boys & Girls; 15 – 18 yrs. Girls/Women

*\*Open Pole Vault for 15 – 18 yrs. Boys/Men will be conducted simultaneously with 15 – 18 yrs. Decathlon Pole Vault Competition.*

**9:00 a.m.**

Turbo Javelin U8; 9-10; 11-12



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# 2017 AAU REGION 3 CHAMPIONSHIPS

## MULTI – EVENTS / TRACK & FIELD

### MEET SCHEDULE



**Saturday, June 24, 2017**

#### Track Events

**8:30 a.m.**

400M Run (Timed Final) All Age Divisions

1500 M Run (Final) All Age Divisions

110mH (Semi-Final) 15 – 18 yrs. Boys/Men (Top 8 Advance)

100MH (Semi-Final) 15 -18 yrs. Girls/Women (Top 8 Advance)

100mH (Semi-Final) 13 – 14 yrs. Boys

100mH (Semi-Final) 13 – 14 yrs. Girls

80mH (Semi-Final) 11 – 12 yrs. Boys & Girls (Top 8 Advance)

200 Meter Run (Semi-Final) All Age Divisions (Top 8 Advance)

4 x 800 Relay (Final) 11 -12; 13-14; 15-16; 17- 18 yrs. (Boys& Girls/ Men &Women)

400 H (Timed Final) (Girls/Women; Boys/Men)

200 H (Timed Final) (Girls/Boys)

4 x 100 Relay (Timed Final) 8U; 9-10; 11-12; 13-14; 15-16; 17-18 Age Divisions

#### Field Events

**8:00 a.m.**

High Jump (Pit 1) 15-16 Girls; 13 Girls; 11 Girls

High Jump (Pit 2); 17-18 Girls; 14 Girls; 12 Girls

Shot Put (Pit 1) 15-16 Girls; 8 Boys; 9 Boys; 10 Boys; 11 Boys; 12 Boys

Shot Put (Pit 2) 17-18 Girls; 8 Girls; 9 Girls; 10 Girls; 11 Girls; 12 Girls

Discus 15-16 Boys; 17-18 Boys; 11 Boys; 12 Boys; 13 Boys; 14 Boys

Long Jump (Pit 1) 12 Girls; 13 Girls; 14 Girls; 15-16 Girls; 17-18 Women, 19-22 Women

Jump (Pit 2) 12 Boys; 13 Boys; 14 Boys; 15-16 Boys; 17-18 Men, 19-22 Men

Javelin 15-16 Boys; 17-18 Men; 13 Boys; 14 Boys



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# 2017 AAU REGION 3 CHAMPIONSHIPS MULTI – EVENTS / TRACK & FIELD MEET SCHEDULE



**Sunday, June 25, 2017**

## Track Events

**8:30 a.m.**

3000M Run 11 – 18 yrs. (Final)

110 Meter Hurdles (Finals) 15-16 Boys; 17-18 Men, 19-22 Men  
100 Meter Hurdles (Finals) 13 Boys/14 Boys; 15-16 Girls; 17-18 Women, 19-22 Women  
100 Meter Hurdles (Finals) 13 Girls; 14 Girls;  
80 Meter Hurdles (Finals) 11 Girls; 12 Girls; 11 Boys; 12 Boys

100 Meter (Finals) All Age Divisions

800 Meter (Finals) All Age Divisions

200 Meter (Finals) All Age Divisions

4 x 400 Relay (Finals) All Age Divisions

## Field Events

**8:15 a.m.**

High Jump Pit (1) 11 Boys; 13 Boys; 15-16 Boys, 19-22 Women  
High Jump Pit (2) 12 Boys; 14 Boys; 17-18 Men, 19-22 Men

Discus 13 Girls; 14 Girls; 15-16 Girls; 17-18 Girls; 11 Girls; 12 Girls

Long Jump Pit (1) 10 Boys; 10 Girls, 11 Boys; 11 Girls  
Triple Jump Pit (1) 15-16 Girls; 15-16 Boys  
Triple Jump Pit (2) 13 Girls; 13 Boys; 14 Girls; 14 Boys; 17-18 Women; 17-18 Men

Shot Put (Pit 1) 17-18 Boys; 13 Boys; 14 Boys; 19-22 Women  
Shot Put (Pit 2) 15-16 Boys; 13 Girls; 14 Girls; 19-22 Men

Javelin 13 Girls; 14 Girls; 15-16 Girls; 17-18 Girls



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