

**2010 AAU JUNIOR OLYMPIC GAMES**  
**NORFOLK STATE UNIVERSITY, NORFOLK, VIRGINIA**  
**MULTI-EVENT/TRACK & FIELD MEET SCHEDULE**

**YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. ALL ATHLETES SHOULD CHECK IN AT ECHOLS GYM AT NORFOLK STATE UNIVERSITY, AT LEAST ONE DAY PRIOR TO THE FIRST SCHEDULED EVENT HE/OR SHE IS QUALIFIED TO COMPETE IN.**

**CLASSIFICATION**

PG - Primary Girls (2002 & After)  
 PB - Primary Boys (2002 & After)  
 SBG - Sub Bantam Girls (2001)  
 SBB - Sub Bantam Boys (2001)  
 BG - Bantam Girls (2000)  
 BB - Bantam Boys (2000)  
 SMG - Sub Midget Girls (1999)  
 SMB - Sub Midget Boys (1999)  
 MG - Midget Girls (1998)

MB - Midget Boys (1998)  
 SYG - Sub Youth Girls (1997)  
 SYB - Sub Youth Boys (1997)  
 YG - Youth Girls (1996)  
 YB - Youth Boys (1996)  
 IG - Intermediate Girls (1994-1995)  
 IB - Intermediate Boys (1994-1995)  
 YW - Young Women (1992-1993)  
 YM - Young Men (1992-1993)

Q = Quarterfinals

S = Semifinals

F = Finals

TF = Timed Final

**In all running events, EXCEPT RELAYS, where "ALL DIVISIONS" are indicated, the order will be: PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB, SYG, SYB, YG, YB, IG, IB, YW, YM**

**MULTI-EVENTS/RACEWALK**  
**SATURDAY, JULY 31**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	Decathlon Triathlon	IB (Day 1) SBG, BG (Finals) 100 M, LJ, SP, HJ, 400 M SP, HJ, 200M
8:15 AM	Pentathlon	SYG (Finals) 100 M Hurdles SP, HJ, LJ, 800 M
8:30 AM	Pentathlon	SYB (Finals) 100 M Hurdles, SP, HJ, LJ, 1500 M
9:00 AM	Decathlon	YM (Day 1) 100 M, LJ, SP, HJ, 400 M
9:30 AM	Heptathlon	IG (Day 1) 100 M Hurdles, HJ, SP, 200 M
9:45 AM	Heptathlon	YW (Day 1) 100 M Hurdles, HJ, SP, 200 M
<b>10:00 AM</b>	<b>1500 M Racewalk</b>	<b>(SBG, SBB, BG, BB, SMG, SMB, MG, MB) TF</b>
1:45 PM	Triathlon	SBB, BB (Finals) SP, HJ, 400 M

**SUNDAY, AUGUST 1**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	Heptathlon Heptathlon Pentathlon	IG (Day 2) YW (Day 2) SMG, MG (Finals) LJ, Jav, 800 M LJ, Jav, 800 M 80 M Hurdles, SP, HJ, LJ, 800 M
8:15 AM	Pentathlon	SMB, MB (Finals) 80 M Hurdles, SP, HJ, LJ, 1500 M
8:30 AM	Decathlon	IB (Day 2) 110 M Hurdles, D, PV, Jav, 1500 M
8:45 AM	Decathlon	YM (Day 2) 110 M Hurdles, D, PV, Jav, 1500 M
10:30 AM	Pentathlon	YG (Finals) 100 M Hurdles, SP, HJ, LJ, 800 M
10:45 AM	Pentathlon	YB (Finals) 100 M Hurdles, SP, HJ, LJ, 1500 M
<b>11:00 AM</b>	<b>3000 M Racewalk</b>	<b>(SYG, SYB, YG, YB, IG, IB, YW, YM) TF</b>

- All events will be run in the order listed above. If there are changes, there will be a revised schedule at Athlete Check-in.
  - The Intermediate Boys and Young Men Pole Vaulters will compete on separate pits. Starting height will be 7' or 2.13 mtrs.
  - 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.
  - Each Final Event will be contested according to the point totals of all of the preceding events. All possible medal winners must run together.
- ATHLETES COMPETING IN BOTH MULTI-EVENT COMPETITION AND TRACK AND FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS. YOU WILL NOT NEED A DIFFERENT NUMBER FOR TRACK AND FIELD!**

**EVENT SCHEDULE - TRACK & FIELD**  
**MONDAY, AUGUST 2**

**RUNNING EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	<b>3000 M Run</b> (SMG, SMB, MG, MB)	<b>TF</b>
10:00 AM	400 M Hurdles (IB, YM, IG, YW)	SF
	200 M Hurdles (SYG, SYB, YG, YB)	SF
12:00 NOON	800 M Run (SYG, SYB, YG, YB, IG, IB, YW, YM)	SF
2:30 PM	100 M Dash (All Divisions)	QF

**FIELD EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Triple Jump Discus	YM SMB	Pit 1	YB	Pit 2
9:00 AM	High Jump Shot Put	IG PB	Pads 1, 2 & 3 Rings 1 & 2	PG	Rings 3 & 4
11:00 AM	Discus	SMG			
12:00 PM	Shot Put Triple Jump High Jump	SBB YG MB	Rings 1 & 2 Pit 1 Pads 1, 2 & 3	SBB	Rings 3 & 4
1:00 PM	Long Jump	MG	Pit 2		
2:00 PM	Javelin	IG			
3:00 PM	Long Jump High Jump	YW BG	Pit 1 Pad 1, 2 & 3		

**EVENT SCHEDULE - TRACK & FIELD**  
**TUESDAY, AUGUST 3**

**RUNNING EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	<b>1500 M Run</b> (SBG, SBB, BG, BB, SMG, SMB, MG, MB)	TF
10:45 AM	110 M Hurdles (IB, YM)	SF
	100 M Hurdles (SYG, YG, SYB, YB, IG, YW)	SF
12:30 PM	200 M Dash (All Divisions)	QF
3:00 PM	<b>400 M Run</b> (PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB)	TF

**FIELD EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump Discus	YM YW	Pit 1	YG	Pit 2
9:00 AM	High Jump Shot Put	SYB BB	Pads 1, 2 & 3 Rings 1 & 2	BG	Rings 3 & 4
11:00 AM	Discus	YM			
12:00 NOON	High Jump Long Jump Shot Put	SYG MB SMB	Pads 1, 2 & 3 Pit 1 Rings 1 & 2	BG SMG	Pit 2 Rings 3 & 4
2:00 PM	Discus	SYG			
3:00 PM	Triple Jump High Jump	IB SBG	Pit 1 Pads 1, 2 & 3	IG	Pit 2

**EVENT SCHEDULE - TRACK & FIELD**  
**WEDNESDAY, AUGUST 4**

**RUNNING EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	2000 M Steeplechase (IG, YW, IB, YM)	F
9:15 AM	800 M Run (PG, PB, SBG, SBB, BG, BB, SMG, SMB, MG, MB)	TF
12:00 noon	800 M Run (SYG, SYB, YG, YB, IG, IB, YW, YM)	F
12:45 PM	80 M Hurdles (SMG, SMB, MG, MB)	SF
1:30 PM	400 M Hurdles (IB, YM, IG, YW)	F
	200 M Hurdles (SYG, SYB, YG, YB)	F
2:15 PM	100 M Dash (All Divisions)	SF

**FIELD EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Triple Jump Discus	YW IB	Pit 1	YB	Pit 2
9:00 AM	High Jump Shot Put Pole Vault	YM YM SYG	Pads 1, 2 & 3 Rings 1 & 2 Pad 1	SYB	Rings 3 & 4
12:00 PM	Discus Long Jump High Jump	IG IG YG	Pit 1 Pads 1, 2 & 3	IB	Pit 2
1:00 PM	Shot Put Pole Vault	YW SYB	Rings 1 & 2 Pad 1	SYG	Rings 3 & 4
3:00 PM	Discus High Jump	SYB SMB	Pads 1, 2 & 3		

**EVENT SCHEDULE - TRACK & FIELD**  
**THURSDAY, AUGUST 5**

**RUNNING EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	1500 M Run (SYG, SYB, YG, YB, IG, IB, YW, YM)	TF
10:30 AM	80 M Hurdles (SMG, SMB, MG, MB)	F
	100 M Hurdles (SYG, YG, SYB, YB, IG, YW)	F
	110 M Hurdles (IB, YM)	F
11:15 AM	200 M Dash (All Divisions)	SF
12:30 PM	4 x 400 M Relay (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)	SF

**FIELD EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING/PAD</i>	<i>AGE GROUP</i>	<i>PIT/RING/PAD</i>
8:00 AM	Long Jump Discus	SMG YB	Pit 1	SYB	Pit 2
9:00 AM	High Jump Shot Put Pole Vault	IB IG YW	Pads 1, 2 & 3 Rings 1 & 2 Pad 1		
11:00 AM	Javelin	YM			
12 NOON	High Jump Long Jump Shot Put Pole Vault	MG SYG IB YM	Pads 1, 2 & 3 Pit 1 Rings 1 & 2 Pad 1	SBB	Pit 2
2:00 PM	Discus	YG			
3:00 PM	High Jump	BB	Pads 1, 2 & 3		
3:30 PM	Long Jump	SBG	Pit 1		
4:00 PM	Javelin	YW			

**EVENT SCHEDULE - TRACK AND FIELD**  
**FRIDAY, AUGUST 6**

**RUNNING EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	4 x 800 M Relay (MG, MB, YG, YB, IG, IB, YW, YM)	TF
11:30 AM	4 x 100 M Relay (PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)	SF
3:15 PM	400 M Dash (SYG, SYB, YG, YB, IG, IB, YW, YM)	SF

**FIELD EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	SMB	Pit 1		
	Triple Jump	SYB	Pit 2		
	Discus	MG			
9:00 AM	High Jump	YW	Pads 1, 2 & 3		
	Shot Put	YG	Rings 1 & 2		
	Pole Vault	IG	Pad 1		
11:00 AM	Javelin	IB			
12 NOON	High Jump	YB	Pads 1, 2 & 3		
	Long Jump	BB	Pit 1		
	Triple Jump	SYG	Pit 2		
	Shot Put	YB	Rings 1 & 2		
	Pole Vault	IB	Pad 1		
2:00 PM	Discus	MB			
3:00 PM	High Jump	SMG	Pads 1, 2 & 3		
4:00 PM	Javelin	SYB			

**EVENT SCHEDULE - TRACK AND FIELD**  
**SATURDAY, AUGUST 7**

**RUNNING EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	3000 M (SYG, SYB, YG, YB, IG, IB, YW, YM)	TF
11:15 AM	100 M Dash (All Divisions)	F
12:15 PM	400 M Dash (SYG, SYB, YG, YB, IG, IB, YW, YM)	F
1:00 PM	4 x 100 M Relay (PG, PB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)	F
1:45 PM	200 M Dash (All Divisions)	F
2:30 PM	4 x 400 M Relay (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)	F

**FIELD EVENT SCHEDULE**

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	PB	Pit 1
	Javelin	YG	
9:00 AM	Shot Put	MG	Rings 1 & 2
	Pole Vault	YB	Pad 1
	High Jump	SBB	Pads 1, 2 & 3
11:00 AM	Javelin	YB	
1:00 PM	Long Jump	PG	Pit 1
	Shot Put	MB	Rings 1 & 2
	Pole Vault	YG	Pad 1
2:00 PM	Javelin	SYG	

**GOOD LUCK AT**  
**THIS YEAR'S**  
**CHAMPIONSHIP!!!**