

**2015 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 REGISTRATION AT LEAST ONE DAY PRIOR TO THE FIRST SCHEDULED EVENT HE/OR SHE IS QUALIFIED TO COMPETE IN.

CLASSIFICATION

8&UG - 8 and under (2007 & After)	12B - 12 years old (2003)
8&UB - 8 and under (2007 & After)	13G - 13 years old (2002)
9G - 9 years old (2006)	13B - 13 years old (2002)
9B - 9 years old (2006)	14G - 14 years old (2001)
10G - 10 years old (2005)	14B - 14 years old (2001)
10B - 10 years old (2005)	15-16G - 15-16 years old (1999-2000)
11G - 11 years old (2004)	15-16B - 15-16 years old (1999-2000)
11B - 11 years old (2004)	17-18G - 17-18 years old (1997-98)
12G - 12 years old (2003)	17-18B - 17-18 years old (1997-98)

Q = Quarterfinals S = Semifinals F = Finals TF = Timed Final

**MULTI-EVENTS/RACEWALK
SATURDAY, AUGUST 1**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	Decathlon 15-16B (Day 1) Triathlon 9G, 10G (Finals)	100M, LJ, SP, HJ, 400M HJ, SP, 200M
8:15 AM	Pentathlon 13G (Finals)	100M Hurdles SP, HJ, LJ, 800M
8:30 AM	Pentathlon 13B (Finals)	100M Hurdles, SP, HJ, LJ, 1500M
9:00 AM	Decathlon 17-18B (Day 1)	100M, LJ, SP, HJ, 400M
10:30 AM	Heptathlon 15-16G (Day 1)	100M Hurdles, HJ, SP, 200M
10:45 AM	Heptathlon 17-18G (Day 1)	100M Hurdles, HJ, SP, 200M
11:00 AM	1500M Racewalk (9G, 9B, 10G, 10B)	TF
1:00 PM	1500M Racewalk (11G, 11B, 12G, 12B)	TF
1:00 PM	Triathlon 9B, 10B (Finals)	SP, HJ, 400M

SUNDAY, AUGUST 2

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	Heptathlon 15-16G (Day 2) Heptathlon 17-18G (Day 2) Pentathlon 11G, 12G (Finals)	LJ, Jav, 800M LJ, Jav, 800M 80M Hurdles, SP, HJ, LJ, 800M
8:15 AM	Pentathlon 11B, 12B (Finals)	80M Hurdles, SP, HJ, LJ, 1500M
8:30 AM	Decathlon 15-16B (Day 2)	110M Hurdles, D, PV, Jav, 1500M
9:30 AM	Decathlon 17-18B (Day 2)	110M Hurdles, D, PV, Jav, 1500M
11:15 AM	Pentathlon 14G (Finals)	100M Hurdles, SP, HJ, LJ, 800M
11:30 AM	Pentathlon 14B (Finals)	100M Hurdles, SP, HJ, LJ, 1500M
12:00 PM	3000M Racewalk (13G, 13B, 14G, 14B)	TF
3:00 PM	3000M Racewalk (15-16G, 15-16B, 17-18G, 17-18B)	TF

- 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 15-16B and 17-18B Pole Vaulters will compete on separate pits. Starting height will be 8' and 9' respectively.
 - 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 3

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	3000M Run (11G, 11B, 12G, 12B)	TF
10:00 AM	400M Hurdles (15-16B, 17-18B, 15-16G, 17-18G)	SF
	200M Hurdles (13G, 13B, 14G, 14B)	SF
12:15 PM	800M Run (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	SF
2:45 PM	100M Dash (All Divisions except 15-16G, 15-16B, 17-18G and 17-18B)	QF
7:00 PM	Opening Ceremonies	
8:15 PM	100M Dash (15-16G, 15-16B, 17-18G, 17-18B)	QF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	17-18G	Pit 1
	Long Jump	14B	Pit 2
	Discus	13B	
	Shot Put	14G	Rings 1 & 2
	Shot Put	14B	Rings 3 & 4
	Javelin	13G	
9:00 AM	High Jump	15-16G	Pads 1, 2 & 3
	Pole Vault	13B	Pad 1
12:00 PM	Triple Jump	17-18B	Pit 1
	Triple Jump	14G	Pit 2
	High Jump	12B	Pads 1, 2 & 3
	Shot Put	9G	Rings 1 & 2
	Shot Put	9B	Rings 3 & 4
	Discus	11G	
	Javelin	15-16B	
1:00 PM	Pole Vault	14B	Pad 1
3:00 PM	High Jump	10G	Pad 1, 2 & 3
	Long Jump	12G	Pit 1 & 2
	Shot Put	8&UG	Rings 1 & 2
	Shot Put	8&UB	Rings 3 & 4

EVENT SCHEDULE - TRACK & FIELD
TUESDAY, AUGUST 4

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	1500M Run (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	TF
10:45 AM	400M Hurdles (15-16B, 17-18B, 15-16G, 17-18G)	F
	200M Hurdles (13G, 13B, 14G, 14B)	F
11:15 AM	200M Dash (All Divisions)	QF
2:15 PM	400M Run (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	TF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	15-16G	Pit 1
	Long Jump	9B	Pit 2
	Discus	17-18G	
	Shot Put	10G	Rings 1 & 2
	Shot Put	10B	Rings 3 & 4
	Turbo Javelin	12B	
9:00 AM	High Jump	13B	Pads 1, 2 & 3
	Pole Vault	13G	Pad 1
12:00 PM	Discus	12G	
	High Jump	13G	Pads 1, 2 & 3
	Triple Jump	15-16B	Pit 1
	Triple Jump	13G	Pit 2
	Shot Put	11G	Rings 1 & 2
	Shot Put	15-16B	Rings 3 & 4
	Javelin	13B	
1:00 PM	Pole Vault	14G	Pad 1
3:00 PM	High Jump	9G	Pads 1, 2 & 3
	Long Jump	13B	Pit 1 & 2
	Shot Put	15-16G	Rings 1 & 2
	Shot Put	11B	Rings 3 & 4
	Discus	14B	

EVENT SCHEDULE - TRACK & FIELD
WEDNESDAY, AUGUST 5

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	2000M Steeplechase (15-16G, 17-18G, 15-16B, 17-18B)	F
9:15 AM	800M Run (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	TF
12:45 PM	800M Run (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	F
1:15 PM	80M Hurdles (11G, 11B, 12G, 12B)	SF
	100M Hurdles (13G, 14G, 13B, 14B, 15-16G, 17-18G)	SF
	110M Hurdles (15-16B, 17-18B)	SF
3:15 PM	100M Dash (All Divisions)	SF
4:00 PM	4 x 400M Relay (9-10G, 9-10B, 11-12G, 11-12B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	17-18B	Pit 1
	Long Jump	12B	Pit 2
	Discus	15-16B	
	Shot Put	13G	Rings 1 & 2
	Shot Put	17-18B	Rings 3 & 4
	Turbo Javelin	12G	
	9:00 AM	High Jump	17-18B
Pole Vault		15-16G	Pad 1
12:00 PM	Discus	14G	
	Triple Jump	17-18G	Pit 1
	Triple Jump	14B	Pit 2
	High Jump	14G	Pads 1, 2 & 3
	Shot Put	17-18G	Rings 1 & 2
	Shot Put	13B	Rings 3 & 4
	Javelin	14B	
3:00 PM	High Jump	11B	Pads 1, 2 & 3
	Long Jump	14G	Pit 1 & 2
	Shot Put	12G	Rings 1 & 2
	Shot Put	12B	Rings 3 & 4

EVENT SCHEDULE - TRACK & FIELD

THURSDAY, AUGUST 6

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	1500M Run (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	TF
11:45 AM	80M Hurdles (11G, 11B, 12G, 12B)	F
	100M Hurdles (13G, 14G, 13B, 14B, 15-16G, 17-18G)	F
	110M Hurdles (15-16B, 17-18B)	F
12:30 PM	200M Dash (All Divisions)	SF
1:15 PM	4 x 400M Relay (13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING/PAD</i>
8:00 AM	Long Jump	15-16B	Pit 1
	Long Jump	13G	Pit 2
	Discus	17-18B	
	Javelin	15-16G	
	Turbo Javelin	9B	
9:00 AM	High Jump	17-18G	Pads 1, 2 & 3
	Pole Vault	15-16B	Pad 1
12:00 PM	High Jump	12G	Pads 1, 2 & 3
	Triple Jump	15-16G	Pit 1
	Triple Jump	13B	Pit 2
	Discus	12B	
	Javelin	14G	
	Turbo Javelin	9G	
3:00 PM	High Jump	10B	Pads 1, 2 & 3
	Long Jump	9G	Pit 1 & 2

EVENT SCHEDULE - TRACK AND FIELD

FRIDAY, AUGUST 7

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	4 x 800M Relay (11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B)	TF
10:30 AM	4 x 100M Relay (All Divisions)	SF
1:30 PM	400M Dash (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	11B	Pit 1
	Long Jump	11G	Pit 2
	Discus	15-16G	
	Javelin	17-18B	
	Turbo Javelin	11B	
9:00 AM	High Jump	15-16B	Pads 1, 2 & 3
	Pole Vault	17-18G	Pad 1
12:00 PM	High Jump	14B	Pads 1, 2 & 3
	Long Jump	10B	Pit 1
	Long Jump	10G	Pit 2
	Discus	13G	
	Javelin	17-18G	
	Turbo Javelin	8&UG	
3:00 PM	High Jump	11G	Pads 1, 2 & 3

EVENT SCHEDULE - TRACK AND FIELD
SATURDAY, AUGUST 8

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	3000M (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	TF
11:45 AM	100M Dash (All Divisions)	F
12:15 PM	400M Dash (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	F
12:45 PM	4 x 100M Relay (All Divisions)	F
1:15 PM	200M Dash (All Divisions)	F
1:45 PM	Joel Ferrell Award Recognition	
2:00 PM	4 x 400M Relay (9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B)	F

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	8&UB	Pit 1
	Long Jump	8&UG	Pit 2
	Discus	11B	
	Turbo Javelin	10B	
	Turbo Javelin	8&UB	
9:00 AM	High Jump	9B	Pads 1, 2 & 3
	Pole Vault	17-18B	Pad 1
11:30 AM	Turbo Javelin	11G	
	Turbo Javelin	10G	

GOOD LUCK AT
THIS YEAR'S
CHAMPIONSHIP!!!