

Sample 2 or 3-Day Youth Track & Field Meet Schedules

- When a three-day schedule is required the Intermediate Girls and Boys and the Young Women and Young Men will compete on Friday in the long jump, hammer throw and steeplechase. Other events can be contested on Friday as deemed necessary by Meet Director
- No Sub-Bantam division at Junior Olympic Championship meets; Sub-Bantams must compete at Bantam level at all Junior Olympic competitions. Also, triple jump to start after completion of the long jump. Discus to start after completion of the javelin
- 4x200 is an exhibition event only. It is held at the discretion of the Meet Director. The 4x200 will not be contested at the PAC Championship, JO Championship or Region 14 JO Championship meets

Sample 2-Day

FIRST DAY

TRACK EVENTS

| | |
|-----------------------------|--|
| 5000 meter run finals | YM |
| 3000 meter run finals | MG, MB, YG, YB, IG, YW |
| 4x800 relay finals | MG, MB, YG, YB, IG, IB, YW, YM |
| 200 meter trials | All age groups starting with SBG |
| 1500 meter Race Walk finals | BG, BB, MG, MB |
| 3000 meter Race Walk finals | YG, YB, IG, IB, YW, YM |
| 800 meter run finals | BG, BB, MG, MB, YG, YB, IG, IB, YW, YM |
| 200 meter finals | All age groups starting with SBG |
| 110 meter hurdle trials | IB, YM |
| 100 meter hurdle trials | IG, YW, YB, YG |
| 80 meter hurdle trials | MG, MB |
| 400 meter run finals | All age groups starting with SBG |

FIELD EVENTS

| | |
|--------------|--|
| Long Jump | SBG, SBB, BG, BB, MG, MB, YG, YB |
| High Jump | YG, YB, IG, IB, YW, YM |
| Shot Put | YW, YM, IG, IB, YG, YB, MG, MB, BG, BB |
| Javelin | YG, YB, IG, IB, YW, YM |
| Pole Vault | YB, IB, YM |
| Mini Javelin | MG, MB, BG, BB, SBG, SBB |

SECOND DAY

TRACK EVENTS

| | |
|--------------------------|----------------------------------|
| 1500 run finals | All age groups starting with BG |
| 4x100 relay finals | All ages starting with SBG |
| 200 meter hurdle finals | YG, YB |
| 400 meter hurdle finals | IG, IB, YW, YM |
| 100 meter trials | All age groups starting with SBG |
| 110 meter hurdle finals | IB, YM |
| 100 meter hurdle finals | IG, YW, YB, YG |
| 80 meter hurdle finals | MG, MB |
| 100 meter finals | All age groups starting with SBG |
| 4x200 meter relay* | All age groups starting with SBG |
| 4x400 meter relay finals | All age groups starting with BG |

FIELD EVENTS

| | |
|-------------|--------------------------------|
| Long Jump | IG, IB, YW, YM |
| Triple Jump | YG, YB, IG, IB, YW, YM |
| Discus | MG, MB, YG, YB, IG, IB, YW, YM |
| High Jump | BG, BB, MG, MB |
| Pole Vault | YG, IG, YW |

Sample 3-Day

FIRST DAY

FIELD EVENTS – 4:00 pm

| | |
|-------------------|--------------------------------|
| Long Jump (Pit 1) | Intermediate Girl, Young Women |
| Long Jump (Pit 2) | Intermediate Boy, Young Men |
| Hammer Throw | |
| Shot Put | Young Women, Intermediate Girl |
| Shot Put | Young Men, Intermediate Boy |
| Javelin | Young Women, Intermediate Girl |
| Javelin | Young Men, Intermediate Boy |

TRACK EVENTS – 4:00 pm

| | |
|------------------|---------------------------------|
| 400m Dash Trials | Bantam through Young Men |
| Steeple Chase | Intermediated Girl, Young Women |
| Steeple Chase | Intermediated Boy, Young Men |

TRACK EVENTS – 5:30 pm

| | |
|-------------|--------------------------|
| 4x800mRelay | Bantam through Young Men |
|-------------|--------------------------|

SECOND DAY

- Saturday 80/100/110 hurdle events will be as Finals if no heats are required
- Subbantams must compete as bantams

FIELD EVENTS

| Event | AgeGroup | Time | Event | Age Group | Time |
|-------------|------------------|------|-------------|------------|------|
| TripleJump | Youth | 8:30 | MiniJavelin | MidgetGirl | 8:30 |
| TripleJump | Intermediate | | MiniJavelin | MidgetBoy | |
| TripleJump | YoungWomen/Men | | MiniJavelin | BantamGirl | |
| MiniJavelin | BantamBoy | | | | |
| HighJump | YoungWomen | 8:30 | | | |
| HighJump | YoungMen | | ShotPut | YouthGirl | 8:30 |
| HighJump | IntermediateGirl | | ShotPut | YouthBoy | |
| HighJump | IntermediateBoy | | ShotPut | MidgetGirl | |
| HighJump | YouthGirl | | ShotPut | MidgetBoy | |
| HighJump | YouthBoy | | ShotPut | BantamGirl | |
| ShotPut | BantamBoy | | | | |
| PoleVault | YouthBoy | 8:30 | | | |
| PoleVault | IntermediateBoy | | | | |
| PoleVault | YoungMen | | | | |
| Javelin | Youth | 8:30 | | | |

TRACKEVENTS

| Event | AgeGroup | Time |
|------------------|--|-------|
| 5000mFinals | YoungMen | 8:30 |
| 3000mFinals | MidgetthroughYoungWomen | 9:00 |
| 200mDashTrials | BantamthroughYoungMen | 10:30 |
| 1500mRWFinals | Bantam, Midget | 12:00 |
| 3000mRWFinals | Youth,Intermediate,YoungWomen/YoungMen | 12:30 |
| 800mFinals | BantamthroughYoungMen | 1:30 |
| 200mDashFinals | BantamthroughYoungMen | 3:00 |
| 80mHurdleTrials | Midget | 3:30 |
| 100mHurdleTrials | Youth,Intermediate,YoungWomen/YoungMen | 3:45 |
| 100mHurdleTrials | YouthBoy | 4:00 |
| 110mHurdleTrials | IntermediateBoy, YoungMen | 4:15 |
| 400mDashFinals | BantamthroughYoungMen | 4:30 |

We have the option of starting an event up to 30 minutes early if possible.

THIRD DAY**FIELD EVENTS**

| Event | AgeGroup | Time | Event | AgeGroup | Time |
|----------|------------------|------|-----------|------------------|------|
| Discus | MidgetGirl | 8:30 | PoleVault | YouthGirl | 8:30 |
| Discus | MidgetBoy | | PoleVault | IntermediateGirl | |
| Discus | YouthGirl | | PoleVault | YoungWomen | |
| Discus | YouthBoy | | | | |
| Discus | IntermediateGirl | | LongJump | YouthGirl | 8:30 |
| Discus | IntermediateBoy | | LongJump | YouthBoy | |
| Discus | YoungWomen | | LongJump | MidgetGirl | |
| Discus | YoungMen | | LongJump | MidgetBoy | |
| LongJump | BantamGirl | | | | |
| HighJump | BantamGirl | 8:30 | LongJump | BantamBoy | |
| HighJump | BantamBoy | | | | |
| HighJump | MidgetGirl | | | | |
| HighJump | MidgetBoy | | | | |

TRACKEVENTS

| Event | AgeGroup | Time |
|-------------------|--|-------|
| 1500mFinals | BantamthroughYoungMen | 9:00 |
| 100mDashTrials | BantamthroughYoungMen | 10:00 |
| 200mHurdleFinals | YouthGirl, YouthBoy | 11:30 |
| 400mHurdleFinals | IntermedGirl/YoungWomen, IntermedBoy/YoungMen | 11:45 |
| 4x100mRelayFinals | BantamthroughYoungMen | 12:00 |
| 80mHurdleFinals | Midget | 1:30 |
| 100mHurdleFinals | YouthGirl, IntermediateGirl, YoungWomen, | 1:45 |
| 100mHurdleFinals | YouthBoy | 2:00 |
| 110mHurdleFinals | IntermedBoy, YoungMen | 2:15 |
| 100mDashFinals | BantamthroughYoungMen | 2:30 |
| 4x400mRelayFinals | BantamthroughYoungMen | 3:00 |

We reserve the right to start an event up to 30 minutes early if possible. Therefore please check in at first call to prevent any problems. We will not re-instate athletes after that athlete has been eliminated. Please remember this when gauging your track meet and event arrival times.