

TIMETABLE

MONDAY, JULY 27



2026 USATF
NATIONAL
JUNIOR OLYMPIC
TRACK & FIELD
CHAMPIONSHIPS
NORWALK, CA

AM					Round
7:15 AM	3000m RW	13-14G		13-14B	F
8:00 AM	Hammer	17-18W		17-18M	F
8:00 AM	Decathlon	15-16B		17-18M	DI
	Dec - 100m	15-16B		17-18M	
	Dec - Long Jump	15-16B		17-18M	
	Dec - Shot Put	15-16B		17-18M	
	Dec - High Jump	15-16B		17-18M	
	Dec - 400m	15-16B		17-18M	
8:20 AM	1500m RW	9-10G		9-10B	F
9:00 AM	Heptathlon	15-16G		17-18W	DI
	Hep - 100m hurdles	15-16G		17-18W	
	Hep - High Jump	15-16G		17-18W	
	Hep - Shot Put	15-16G		17-18W	
	Hep - 200m	15-16G		17-18W	
9:15 AM	1500m RW	11-12G		11-12B	F
10:00 AM	Pentathlon	13-14G		13-14B	F
	Pent- 100m hurdles	13-14G		13-14B	
	Pent-Shot Put	13-14G		13-14B	
	Pent - High Jump	13-14G		13-14B	
	Pent - Long Jump	13-14G		13-14B	
	Pent - 800m	13-14G		13-14B	
Pent - 1500m	13-14G		13-14B		
10:30 AM	2000m SC	13-14G		15-16G 17-18W	F
PM					Round
12:00 PM	Hammer	15-16B			F
12:15 PM	2000m SC	13-14B		15-16B 17-18M	F
1:30 PM	800m	7-8G		7-8B 9-10G 9-10B	RI

TIMETABLE

TUESDAY, JULY 28



2026 USATF
NATIONAL
JUNIOR OLYMPIC
TRACK & FIELD
CHAMPIONSHIPS
NORWALK, CA

AM				Round
7:30 AM	3000m RW	15-16G	17-18W	F
8:00 AM	Decathlon	15-16B		D2
	Dec - 110m hurdles	15-16B		D2
	Dec - Discus	15-16B		D2
	Dec - Pole Vault	15-16B		D2
	Dec - Javelin	15-16B		D2
	Dec - 1500m	15-16B		D2
8:00 AM	Heptathlon	15-16G		D2
	Hep - Long Jump	15-16G		D2
	Hep - Javelin	15-16G		D2
	Hep - 800m	15-16G		D2
8:30 AM	Pentathlon	11-12G	11-12B	F
	Pent - 80m hurdles	11-12G	11-12B	
	Pent - Shot Put	11-12G	11-12B	
	Pent - High Jump	11-12G	11-12B	
	Pent - Long Jump	11-12G	11-12B	
	Pent - 800m	11-12G		
Pent - 1500m	11-12B			
9:00 AM	3000m RW	15-16B	17-18M	F
9:15 AM	Heptathlon	17-18W		D2
	Hep - Long Jump	17-18W		
	Hep - Javelin	17-18W		
	Hep - 800m	17-18W		
10:30 AM	Decathlon	17-18M		D2
	Dec - 110m hurdles	17-18M		
	Dec - Discus	17-18M		
	Dec - Pole Vault	17-18M		
	Dec - Javelin	17-18M		
	Dec - 1500m	17-18M		
10:45 AM	4x800m Mixed Relay	15-16G	15-16B 17-18W 17-18M	F
11:30 AM	4x800m Relay	11-12G	11-12B	F
PM				Round
12:30 PM	Triathlon	9-10G	9-10B	F
	Tri - Shot Put	9-10G	9-10B	
	Tri - High Jump	9-10G	9-10B	
	Tri - 200m	9-10G		
	Tri - 400m	9-10B		
12:30 PM	4x800m Relay	13-14G	13-14B	F
1:30 PM	4x800m Relay	15-16G	15-16B	F
2:00 PM	Hammer	15-16G		F
2:00 PM	4x800m Relay	17-18W	17-18M	F

TIMETABLE

WEDNESDAY, JULY 29



2026 USATF
NATIONAL
JUNIOR OLYMPIC
TRACK & FIELD
CHAMPIONSHIPS
NORWALK, CA

AM				Round
8:00 AM	400m hurdles	15-16B	17-18M	SF
8:00 AM	Triple Jump	13-14B		F
8:00 AM	High Jump	9-10G		F
8:00 AM	Shot Put	17-18M		F
8:00 AM	Mini-Javelin	7-8B		F
8:00 AM	Aero Javelin	9-10B		F
9:00 AM	400m hurdles	15-16G	17-18W	SF
9:00 AM	Pole Vault	13-14G		F
10:00 AM	200m hurdles	13-14G	13-14B	SF
10:00 AM	Shot Put	15-16G		F
10:00 AM	High Jump	17-18W		F
10:30 AM	Triple Jump	15-16B		F
10:40 AM	800m	7-8G	7-8B 9-10G 9-10B	F
11:10 AM	800m	11-12G	11-12B 13-14G 13-14B	RI

PM				Round
12:00 PM	Shot Put	15-16B		F
12:40 PM	800m	15-16G	15-16B 17-18W 17-18M	RI
1:00 PM	Aero Javelin	11-12B		F
1:00 PM	Mini-Javelin	7-8G		F
1:00 PM	Long Jump	17-18M		F
2:00 PM	200m	7-8G	7-8B 9-10G 9-10B	RI
1:30 PM	Pole Vault	13-14B		F
2:00 PM	Shot Put	17-18W		F
3:00 PM	200m	11-12G	11-12B 13-14G 13-14B	RI
3:30 PM	Long Jump	15-16G		F
4:15 PM	200m	15-16G	15-16B 17-18W 17-18M	RI

OPENING CEREMONIES

Athlete Arrival: 5:45 PM
Ceremony Begins: 7:00 PM

TIMETABLE

THURSDAY, JULY 30



2026 USATF
NATIONAL OLYMPIC
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CHAMPIONSHIPS
NORWALK, CA

AM						Round			
8:00 AM	1500m	13-14G		13-14B		F			
8:00 AM	Long Jump	17-18W				F			
8:00 AM	High Jump	13-14B				F			
8:00 AM	Discus	17-18M				F			
8:00 AM	Shot Put	11-12B				F			
8:00 AM	Discus	17-18W				F			
8:50 AM	1500m	15-16G		15-16B		R1			
9:40 AM	1500m	17-18W		17-18M		R1			
10:00 AM	Pole Vault	15-16G				F			
10:20 AM	200m	7-8G		7-8B		9-10G		9-10B	SF
10:30 AM	Long Jump	15-16B				F			
10:30 AM	Shot Put	7-8B				F			
10:50 AM	200m	11-12G		11-12B		13-14G		13-14B	SF
11:20 AM	200m	15-16G		15-16B		17-18W		17-18M	SF
11:50 AM	110m hurdles	15-16B		17-18M				R1	
11:50 AM	100m hurdles	15-16G		17-18W				R1	
PM						Round			
12:00 PM	High Jump	9-10B				F			
12:20 PM	100m hurdles	13-14B		13-14G		R1			
1:00 PM	Aero Javelin	9-10G		11-12G		F			
1:30 PM	Triple Jump	13-14G				F			
12:50 PM	80m hurdles	11-12G		11-12B		R1			
1:20 PM	100m	7-8G		7-8B		9-10G		9-10B	R1
2:00 PM	100m	11-12G		11-12B		13-14G		13-14B	R1
3:00 PM	100m	15-16G		15-16B		17-18W		17-18M	R1
4:00 PM	4x400m Relay	7-8G		7-8B		9-10G		9-10B	R1
5:00 PM	4x400m Relay	11-12G		11-12B		13-14G		13-14B	R1
6:00 PM	4x400m Relay	15-16G		15-16B		17-18W		17-18M	R1

TIMETABLE

FRIDAY, JULY 31



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CHAMPIONSHIPS
NORWALK, CA

AM				Round
8:00 AM	High Jump	15-16B		F
8:00 AM	Discus	15-16G	15-16B	F
8:00 AM	Long Jump	13-14G		F
8:00 AM	400m	7-8G	7-8B 9-10G 9-10B	R1
9:00 AM	Shot Put	9-10G		F
9:20 AM	400m	11-12G	11-12B 13-14G 13-14B	R1
10:00 AM	Pole Vault	15-16B		F
10:30 AM	Long Jump	7-8G		F
10:40 AM	400m	15-16G	15-16B 17-18W 17-18M	R1
11:30 AM	100m	7-8G	7-8B 9-10G 9-10B	SF

PM				Round
12:00 PM	High Jump	11-12B		F
12:00 PM	Shot Put	11-12G		F
12:00 PM	100m	11-12G	11-12B 13-14G 13-14B	SF
12:15 PM	100m	15-16G	15-16B 17-18W 17-18M	SF
12:35 PM	4x100m Relay	7-8G	7-8B	R1
1:00 PM	Javelin	13-14G	13-14B	F
1:15 PM	4x100m Relay	9-10G	9-10B	R1
1:30 PM	Triple Jump	15-16G	17-18W	F
2:00 PM	4x100m Relay	11-12G	11-12B	R1
2:50 PM	4x100m Relay	13-14G	13-14B	R1
3:40 PM	4x100m Relay	15-16G	15-16B	R1
4:00 PM	Triple Jump	17-18M		F
4:30 PM	4x100m Relay	17-18W	17-18M	R1
5:20 PM	3000m	15-16B	17-18M	F
6:20 PM	3000m	11-12G	11-12B	F
7:20 PM	3000m	13-14G	13-14B	F
8:20 PM	3000m	15-16G	17-18W	F

TIMETABLE

SATURDAY, AUGUST 1



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CHAMPIONSHIPS
NORWALK, CA

AM			Round
8:00 AM	400m hurdles	15-16G 15-16B 17-18W 17-18M	F
8:00 AM	Long Jump	7-8B	F
8:00 AM	High Jump	15-16G	F
8:00 AM	Discus	11-12G 13-14G	F
8:10 AM	200m hurdles	13-14G 13-14B	F
8:45 AM	4x100m Mixed Relay	15-16G 17-18W	F
9:00 AM	Shot Put	9-10B	F
9:30 AM	4x100m Mixed Relay	15-16B 17-18M	F
10:00 AM	Pole Vault	17-18W	F
10:00 AM	4x400m Mixed Relay	15-16G 15-16B 17-18W 17-18M	F
10:30 AM	Long Jump	11-12B	F
10:45 AM	400m	7-8G 7-8B 9-10G 9-10B 11-12G 11-12B 13-14G 13-14B 15-16G 15-16B 17-18W 17-18M	SF

PM			Round
12:00 PM	High Jump	13-14G	F
12:00 PM	Shot Put	13-14B	F
12:00 PM	110m hurdles	15-16B 17-18M	SF
12:30 PM	100m hurdles	13-14B 15-16G 17-18W	SF
12:45 PM	100m hurdles	13-14G	SF
1:00 PM	Javelin	17-18M	F
1:00 PM	Javelin	15-16G	F
1:00 PM	80m hurdles	11-12G 11-12B	SF
1:30 PM	Long Jump	13-14B	F
1:30 PM	200m	7-8G 7-8B 9-10G 9-10B 11-12G 11-12B 13-14G 13-14B 15-16G 15-16B 17-18W 17-18M	F
1:30 PM	800m	11-12G 11-12B 13-14G 13-14B 15-16G 15-16B 17-18W 17-18M	F
3:00 PM	4x100m Relay	7-8G 7-8B 9-10G 9-10B 11-12G 11-12B 13-14G 13-14B 15-16G 15-16B 17-18W 17-18M	F
4:00 PM	Long Jump	11-12G	F

TIMETABLE

SUNDAY, AUGUST 2



2026 USATF
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CHAMPIONSHIPS
NORWALK, CA

AM								Round					
7:00 AM	Discus	11-12B		13-14B				F					
8:00 AM	1500m	13-14G		13-14B		15-16G		15-16B		17-18W		17-18M	F
8:00 AM	Long Jump	9-10B						F					
8:00 AM	High Jump	11-12G						F					
9:00 AM	400m	7-8G		7-8B		9-10G		9-10B		11-12G		11-12B	F
		13-14G		13-14B		15-16G		15-16B		17-18W		17-18M	
9:00 AM	Shot Put	13-14G						F					
9:30 AM	1500m	7-8G		7-8B		9-10G		9-10B		11-12G		11-12B	F
10:00 AM	Pole Vault	17-18M						F					
10:30 AM	Long Jump	9-10G						F					
11:00 AM	Javelin	15-16B		17-18W				F					
11:30 AM	110m hurdles	15-16B		17-18M				F					
11:40 AM	100m hurdles	13-14G		13-14B		15-16G		17-18W				F	
11:50 AM	80m hurdles	11-12G		11-12B				F					

PM								Round					
12:00 PM	100m	7-8G		7-8B		9-10G		9-10B		11-12G		11-12B	F
		13-14G		13-14B		15-16G		15-16B		17-18W		17-18M	
12:00 PM	High Jump	17-18M						F					
12:00 PM	Shot Put	7-8G						F					
1:30 PM	4x400m Relay	7-8G		7-8B		9-10G		9-10B		11-12G		11-12B	F
		13-14G		13-14B		15-16G		15-16B		17-18W		17-18M	