

ADIRONDACK JUNIOR OLYMPIC CHAMPIONSHIPS

Knox Field, Johnstown Middle School

Saturday, June 20, 2009

Check-In Time: 8:30am

No Day of Meet Registration

Track Events

Start Time: 9:00am

1. 1500m Race Walk - BG/BB/MG/MB
2. 3000m Race Walk - YG/YB/IG/IB/YW/YM
3. 100m Dash Trials - All
4. 5000m Run - YM
5. 3000m Run - MG/MB/YG/YB/IG/IB/YW
6. 80m HH - MG/MB
7. 100m HH - YG
8. 100m HH - YB/IG/YW
9. 110m HH - IB/YM
10. 100m Dash Finals - All
11. 1500m Run - All
12. 400m IH - IG/IB/YW/YM
13. 200m IH - YG/YB
14. 4x800 Relay - MG/MB/YG/YB/IG/IB/YW/YM
15. 400m Dash - All
16. 2000m Steeplechase - IG/IB/YW/YM
17. 800m Run - All
18. 200m Dash - All
19. 4x400 Relay - All
20. 4x100 Relay - All

- Races labeled "All" will be contested youngest to oldest.
- All races require that 9 or more athletes be present for a preliminary round, otherwise results will be Final On Time.
- **Note:** All relay teams must be from an officially registered 2009 USATF Track & Field club.
- Times given are approximates only. The schedule may vary due to the number of participants.

Field Events

Check-In Time: 9:30am

Start Time: 10:00am

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| 10:00 | Pit 1 - Triple Jump - YB/IB/YM |
| 10:00 | Pit 2 - Triple Jump - YG/IG/YW |
| 10:00 | Shot Put - YW/YM to SBG/SBB |
| 10:00 | Discus Throw - MB/MG to YW/YM |
| 10:00 | Pole Vault - YG/YB/ IG/IB/YW/YM (starting height 5') |
| 10:30 | Pit 1 - Long Jump - MG/YW/IG/SBG/BG |
| 10:30 | Pit 2 - Long Jump - MB/YM/IB/YB/SBB/BB |
| 10:30 | High Jump - SBG/SBB/BG/BB (Combined; Starting Height: 2' 6")
- MG/MB (Starting Height: 2' 8")
- YG/YB to YW/YM (Starting Height: 3' 6") |
| 12:00 | Turbo Javelin - MG/MB/BG/BB/SBG/SBB |
| 1:00 | Javelin - YG/YB/IG/YW (600g)
- IB/YM (800g) |