



## 2018 USATF JUNIOR OLYMPIC REGION 8 MEET INFORMATION

July 5-8, 2018 Ames, Iowa

### **Thursday July 5, 2018:**

12:30 pm	Decathlon Day 1	15-16B; 17-18M
1:00 pm	Pentathlon	11-12G; 11-12B
1:30 pm	Heptathlon Day 1	15-16G; 17-18W

### **Friday July 6, 2018 :**

10:00 am	Pentathlon	13-14G; 13-14B
10:30 am	Decathlon Day 2	15-16B; 17-18M
11:00 am	Heptathlon Day 2	15-16G; 17-18W
1:30 pm	Triathlon 9-10G;	9-10B
2:00 pm	1500 meter Race Walk	9-10G/B; 11-12G/B
2:30 pm	3000 meter Race Walk	13-14G/B; 15-16G/B; 17-18W/M
3:30 pm	2000 meter Steeplechase	15-16G; 17-18W
3:50 pm	2000 meter Steeplechase	15-16B; 17-18M

**NOTE: Combined Events Races May Supersede Steeplechase Events**

### **Friday July 6, 2018    Field Events:**

<b>Hammer Throw</b>		<b>Long Jump</b>		<b>High Jump</b>	
3:00 pm	15-16G; 17-18W	2:00 pm	8 & Under G/B	3:30 pm	11-12G/B
4:00 pm	15-16B; 17-18M	4:00 pm	9-10 G/B		

**Saturday July 7, 2018**    **Track Events:**

9:00 am	100m dash	prelims
10:20 am	4 x 800 relay	finals
10:50 am	80/100/110 hurdles	prelims
11:35 am	4 x 100 relay	finals
12:35 pm - 1:05 pm <b><u>BREAK</u></b>		
1:05 pm	400 m dash	finals (timed)
2:20 pm	1500m run	finals
3:40 pm	200m dash	prelims

**Saturday July 7, 2018**    **Field Events:**

<b>High Jump (2 Pits)</b>	<b>Long Jump (2 Pits)</b>	<b>Pole Vault (1 Pit)</b>
8:00 am    17-18 M/W	8:00 am    15-16 B/G	9:00 am    13-14 B, followed by 17-18M, then 15-16B
10:00am    15-16 B/G	10:00am    13-14 B/G	(there will be appropriate warmup
11:45am – 12:15pm Break	12:00am – 12:30pm Break	Between age groups)
12:15 pm    9-10 B/G	12:30 pm    11-12 B/G	(PV workers 30 min break after 17-18M)
2:00 pm    13-14 B/G	2:30 pm    17-18 M/W	

<b>Shot Put (2 Rings)</b>	<b>Turbo Javelin</b>	<b>Discus Throw</b>
8:00 am    8 & Under B/G	8:00 am    9-10 G	8:00am    17-18 W
9:15 am    9-10 B/G	9:15 am    11-12 B	9:30 am    17-18 M
10:30 am    11-12 B/G	10:30 am    8 & Under B	11:00 am    15-16 G
12:00pm – 12:30pm Break	11:45am – 12:15pm Break	12:30pm – 1:00pm Break
12:30 pm    13-14 B/G	12:15 pm    9-10 B	1:00 pm    15-16 B
2:00 pm    15-16 B/G	1:30 pm    8 & Under G	2:35 pm    11-12 G
3:30 pm    17-18 M/W	2:45 pm    11-12 G	4:00 pm    13-14 B

**Sunday July 8, 2018 Track Events:**

9:00 am	3000m run	finals
10:40 am	80/100/110 hurdles	finals
11:05 am	100m dash	finals
11:40 am	800m run	finals
12:55 pm	200/400 hurdles	finals
1:35 pm	200m dash	finals
2:05 pm	4 x 400 relay	finals

**Sunday July 8, 2018 Field Events:**

<b>Triple Jump</b>		<b>Javelin</b>		<b>Discus</b>	
8:30 am	17-18 M/W	8:00 am	13-14 G	9:15 am	11-12 G
9:40 am	13-14 B; 15-16 B	9:00 am	13-14 B	10:45 am	11-12 B
10:50 am	13-14 G; 15-16 G	10:00 am	15-16 G		
		11:00 am	17-18 W		
		12:00 pm	15-16 B		
		1:00 pm	17-18 M		

**Pole Vault**

9:00 am 13-14G, followed by 15-16G, then 17-18W  
(there will be appropriate warmup between age groups)

**Questions please contact:**

**Iowa:**

**Jim Walczyk (515) 771-4246**  
[jim.walczyk@gmail.com](mailto:jim.walczyk@gmail.com)

**Scott Tjeerdsma (319) 830-2453**  
[scott.tjeerdsma@pella.k12.ia.us](mailto:scott.tjeerdsma@pella.k12.ia.us)

**Region 8:**

**Rubin Carter (402) 203-9190**  
[coachc2009@yahoo.com](mailto:coachc2009@yahoo.com)