

THURSDAY, JUNE 22, 2023

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

| TIME | EVENT/AGE GROUP | | | RACE |
|----------|-----------------|----------------|--------|-------------------------|
| 9:30 AM | DECATHLON | 15-16B, 17-18B | DAY 1 | 100M, LJ, SP, HJ, 400M |
| | HEPTATHLON | 15-16G, 17-18G | FINALS | 100H, HJ, SP, 200M |
| 10:30 AM | PENTATHLON | 13B, 14B | DAY 1 | 100H, SP, HJ, LJ, 1500M |
| | PENTATHLON | 13G, 14G | FINALS | 100H, SP, HJ, LJ, 800M |

FIELD EVENTS

| TIME | EVENT / AGE GROUP | |
|---------|-------------------|--|
| 8:30 AM | HIGH JUMP | 17-18B, 17-18G, 15-16G, and 15-16G |
| | | |
| 9:30AM | SHOT PUT | 11B, 12B, 11G, 12G |
| | TURBO JAVELIN | 8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B |

RUNNING EVENTS

| TIME | EVENT / AGE GROUP | |
|---------|--|--------|
| 8:30 AM | 3000M RUN - 11G, 12G, 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B | FINALS |
| | 1500M RACEWALK - (9G, 10G, 11G, 12G) (9B, 10B, 11B, 12B) | FINALS |
| | 3000M RACEWALK = (13G, 14G, 15-16G, 17-18G) (13B, 14B, 15-16B, 17-18B) | FINALS |

FRIDAY, JUNE 23, 2023

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

| TIME | EVENT / AGE GROUP | | | RACE |
|---------|-------------------|-----------------|--------|----------------------------|
| 8:30 AM | DECATHLON | 15- 16B, 17-18B | DAY 2 | 110M H, DT, PV, JAV, 1500M |
| | HEPTATHLON | 15-16G, 17-18G | DAY 2 | LJ, JAV, 800M |
| | PENTATHLON | 11G/12G | FINALS | 80M H, LJ, SP, HJ, 800M |
| | PENTATHLON | 11B/12B | FINALS | 80M H, HJ, SP, LJ, 1500M |
| | TRIATHLON | 9B, 10B | FINALS | HJ, SP, 400M |
| | TRIATHLON | 9G, 10G | FINALS | HJ, SP, 200M |

FIELD EVENTS

| TIME | EVENT / AGE GROUP | |
|----------|-------------------|--------------------------------|
| 10:30 AM | SHOT PUT | 17-18G, 15-16G, 17-18B, 15-16B |

RUNNING EVENTS

| TIME | EVENT / AGE GROUP | |
|---------|---|-------------|
| 9:00 AM | 100M | SEMI-FINALS |
| | 8&U G, 8& B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B | |
| | 4X800R | FINALS |
| | 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B | |
| | 4X100R | SEMI-FINALS |
| | 8&U G, 8&U B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B | |

SATURDAY, JUNE 24, 2023

RUNNING EVENTS

| TIME | EVENT/AGE GROUP | RACE | RACE |
|--------|--|------|-------------|
| 8:30AM | 200 MH (13G/B, 14G/B – 30") | | FINALS |
| | 400 MH (15 – 16 Girls, 17 – 18 Women – 30") | | FINALS |
| | 400 MH (15 – 16 Boys, 17 – 18 Men – 36") | | FINALS |
| | 400M DASH (8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M) | | FINALS |
| | 1500M RUN (8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M) | | FINALS |
| | 200M DASH (8G, 8B, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M) | | SEMI FINALS |
| | 4 X 100M DASH (9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M) | | FINALS |

**NOTE: If there are not enough runners in the semi-finals, the event will be run as a FINAL at that time.
Some distance races may be combined due to the number of participants.**

FIELD EVENTS

IMPORTANT: ATHELETES MUST SUPPLY THEIR OWN THROWING IMPLEMENTS (JAVELIN, SHOT PUT, DISCUS)

| TIME | EVENT / AGE GROUP | |
|---------|--|--|
| 8:00 AM | LONG JUMP PIT 1 | 17-18B, 15-16B, 14B, 13B |
| | LONG JUMP PIT 2 | 17-18G, 15-16G, 14G, 13G |
| | HIGH JUMP | 14G, 13G, 14B, 13B |
| | SHOT PUT | 13B, 14B, 13G, 14G |
| | TRIPLE JUMP PIT | 17-18B, 15-16B, 14B, 13B |
| | TRIPLE JUMP PIT 2 | 17-18G, 15-16G, 14G, 13G |
| | *Triple Jump will be contested immediately following the Long Jump | |
| 8:30 AM | DISCUS | 13G, 14G, 13B, 14B, 15-16G, 17-18G, 15-16B, 17-18B |

SUNDAY, JUNE 25, 2023

| TIME | EVENT/AGE GROUP | RACE |
|---------|---|--------|
| 8:30 AM | 110M HURDLES 15-16B, 17-18B | FINALS |
| | 100M HURDLES 13B, 14B, 15-16G, 17-18G, 13G, 14G | FINALS |
| | 80H 11G, 12G, 11B, 12B | FINALS |
| | 100M DASH (8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M) | FINALS |
| | STEEPLECHASE 15-16G, 17-18G, 15-16B, 17-18B | FINALS |
| | 800M 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M | FINALS |
| | 200M 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15G, 15B, 16G, 16B, 17W, 17M, 18W, 18M) | FINALS |
| | 4 X 400 RELAY (9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M) | FINALS |

FIELD EVENTS

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| TIME | EVENT / AGE GROUP | |
|----------|-------------------|--|
| 8:30 AM | | |
| | LONG JUMP PIT 1 | 8&U GIRLS, 11B, 10B, 9B, 12B |
| | LONG JUMP PIT 2 | 8&U BOYS, 11G, 10G, 9G, 12G, |
| | HIGH JUMP | 9G, 9B, 10G, 10B, 11G, 12G, 11B, 12B |
| | SHOT PUT | 9G, 10G, 9B, 10B, 8&U GIRLS, 8&U BOYS |
| | POLE VAULT | 13-14G, 15-16G, 17-18G, 13-14B, 15-16B, 17-18B |
| | JAVELIN | 13G, 14G, 13B, 14B, 15-16G, 15-16B, 17-18G, 17-18B |
| 10:00 AM | DISCUS | 11B, 12B, 11G, 12G, |

NOTE: If there are not enough runners in the semi-finals, the event will be run as a FINAL at that time.

Also, some distance races may be combined due to the number of participants.

For further meet information please contact Caleb White ccalebwhite@aol.com

2023 AAU REGION 9(2) NATIONAL QUALIFIER * MULTI-EVENTS/TRACK & FIELD MEET SCHEDULE