

**2023 Region 12
Junior Olympic Track & Field
Championships REVISED**

Schedule of Events

Tuesday: July 4 TCU

8: 00 am

2000m Steeplechase 13-14, 15-16 G/B 17/18 W/M F

9:00am TCU

Heptathlon 15/16-17/18

100mh
High Jump
Shot Put
200m

9:30 am TCU

Decathlon 15/16-17/18

100m
Long Jump
Shot Put
High Jump
400m

Wednesday: July 5 TCU

8:00 am

RUNNING EVENTS

4x800 Relay 11-12 GB, 13-14GB, 15-16 GB, 17-18 MW F

9:00 am

Decathlon 15-16,17-18

110mh
Discus
Pole Vault
Javelin
1500 m

9:30 am

Heptathlon 15-16,17-18

Long Jump
Javelin
800m

12:00 pm TCU

Javelin 600g 13-14 GB, 15-16 G, 17-18 W F

Javelin 800g 15-16 B, 17-18 W/M F

9:10 am TCU

Pentathlon 13/14
100 mh
Shot Put
High Jump
Long Jump
800/1500

10:00 am TCU

Triathlon 9/10
Shot Put
High Jump
200/400

11:00 am TCU

Pentathlon 11/12
80 mh
Shot Put
High Jump
Long Jump
800/1500

FIELD EVENTS TCU

8:00 am

Hammer	15-16 G/B, 17-18 W/M	F
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12:00 pm

Long Jump	8U G/B	F
Aero Javelin	11-12 G/B	F

Thursday: July 6

RUNNING EVENTS

8:30 am	3000m	11-12 GB, 13-14 GB, 15-16GB, 17-18 WM	F
	4x400m relay	ALL	P
	110mh	15-16 B, 17-18 M	P
	100mh	13-14 GB, 15-16 G, 17-18 W	P
	80mh	11-12 G/B	P
	100m	ALL	P
	200m	ALL	P

FIELD EVENTS

8:30 am

Long Jump	17-18 WM
Triple Jump	15-16 GB
High Jump	9-10 G, 11-12 G
Shot Put	8U B, 9-10B, 11-12 B

2:30 pm

Long Jump	13-14 GB	F
High Jump	13-14 GB	F
Shot Put	15-16 G 17-18 W	F
Shot Put	8U, 9-10 G, 11-12 G	F

9:30 am

Pole Vault	13-14G, 15-16G, 17-18 W
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11:30 am

High Jump	9-10 B, 11-12 B	F
Discus	11-12 GB, 13-14 GB	F

Friday: July 7

RUNNING EVENTS

8:30 am	110mh	15-16 B, 17-18 M	F
	100mh	13-14 GB, 15-16 G, 17-18W	F
	80mh	11-12 GB`	F
	4x100m relay	ALL	P

800m	ALL	F
100m	ALL	F
400m	ALL	P
200mh	13-14 GB	P
400mh	15-16 GB, 17-18WM,	P
200M	ALL	F

FIELD EVENTS

8:30 am

Pole Vault	13-14B, 15-16B 17-18 M	F
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8:30 am

Long Jump	15-16 GB	F
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Triple Jump	17-18 M	F
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High Jump	17-18 W	F
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Shot Put	13-14 GB	F
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Mini Javelin	8U.B, 9-10 B,	F
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11:30 am

Long Jump	9-10 GB, 11-12 GB	F
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Triple Jump	17-18 W	F
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High Jump	15-16 B, 17-18 M	F
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Discus	15-16 G, 17-18 W	F
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Mini Javelin	8U G, 9-10 G, 11-12 G	F
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2:30 pm

High Jump	15-16 G	F
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Discus	15-16 B, 17-18 M	F
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Triple Jump	13-14 G B	F
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Shot Put	15-16 B, 17-18 M	F
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Saturday: July 8

RUNNING EVENTS

8:30 am

1500m Race Walk	9-10 G/B, 11-12 GB,	F
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3000m Race Walk	13-14 G/B, 15-16 GB, 17-18 WM	F
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4x100m relay	ALL	F
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400m	ALL	F
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200mh	13-14 GB	F
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400mh	15-16 G/B, 17-18 W/M	F
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1500m	ALL	F
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4x400m relay

ALL

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