

2010 AREA 2 AAU JUNIOR OLYMPIC NATIONAL QUALIFIER MULTI - EVENT CHAMPIONSHIPS

DAY (1) Wednesday June 30, 2010

Starting Time:	Event	Age Div.	Order of Events	
8:45	Decathlon	IB	100M, LJ, SP, HJ, 400M	Day 1
9:00	Triathlon	SBG/BG	HJ, SP, 200M	Final
9:00	Decathlon	YM	100M, LJ, SP, HJ, 400M	Day 1.
9:15	Heptathlon	IG	100MH, HJ, SP, 200M	Day 1
9:30	Heptathlon	YW	100MH, HJ, SP, 200M	Day 1.
12:00	Triathlon	SB/BB	HJ, SP, 400M	Final

DAY(2) Thursday July 1, 2010

8:45	Decathlon	IB	110MH, Dis, PV, JAV, 1500M	Final
9:00	Heptathlon	YW	LJ, JAV, 800M	Final.
9:15	Decathlon	YM	110MH, DIS, PV, JAV, 1500M	Final
9:30	Pentathlon	SMG/MG	80MH, HJ, SP, LJ, 800M	Final.
9:45	Pentathlon	SMB/MB	80MH, HJ, SP, LJ 1500M	Final.
9:45	Pentathlon	SYG/YG	100MH, LJ, SP, HJ, 800M	Final
10:00	Hepathlon	IG	LJ, JAV, 800M	Final.
10:00	Pentathlon	SYB/YB	100H, LJ, SP, HJ, 1500M	Final

PLEASE READ CAREFULLY:

1. All events will be run in the order listed on the event schedule. If there are any changes, there will be a revised schedule at the packet pick up
2. All events (MULTI's) will be contested approximately thirty (30) minutes after the preceding event is completed. The thirty minute rest period will include food, measuring of steps, and warm-up. Be ready to compete.
3. Each final event will be contested according to the point totals of all the preceding events. Potential medal winners will compete together.

DAY 2 Thursday July 1, 2010

**THESE EVENTS WILL BE CONTESTED AFTER SUBYOUTH YOUTH BOYS
100M HURDLES(PENTATHLON)**

1500MRACEWALK..... SUBBANTAM THRU MIDGET

3000MRACEWALK..... SUBYOUTH THRU YOUNG

2000M STEEPLECHASE INTERMEDIATE GIRL/YOUNG WOMEN

FOLLOWS BY INTERMEDIATE BOYS/YOUNG MEN

Note: Racewalk events may be combined.

2010 AREA 2 AAU JUNIOR OLYMPIC NATIONAL QUALIFIER

After the conclusion of Multi- Events these event will be contested in this order
(Day 2 Thursday July 1, 2010 and at this time..... 3:00pm.....First call 2:15pm

TRACK

100m Dash Trials All Age Division
400m Dash Final All Age Division

FIELD

Javelin (600g) SYG/YG/.....SYB/YB
 (600g) IG/YW
 (800g) IBYM

High Jump SMG/MG SMB/MB

**Long Jump Bantam Girls/Boys Followed By/SubBantam Girl/Boys) 3Jumps Only
Followed by Primary Girls/Boys.....3Jumps Only**

Day 3 Friday July 2, 2010 8:00AM...First Call 7:15am

3000m run Final SubMidget....thru..... Young.....May be Combine
110mhurdles Final IB/YM
100m hurdles Final SYB/YB.....SYG/YG/IG/YW
80mhurdles Final SMG/MG.....SMB/MB
4x800M relay MG/YG/IG/YW followed by MB/YB/IB/YM....May be Combine
400mhurdles Final IG/YW(30'').....IB/YM(36'')
200mhurdles Final SYG/SYB.....YG/YB(30'')
200m Dash Trials All Age Groups Primary thru Young
4x100m relay Final Primary/Bantam/Midget/Youth/Intermediate./Young

DAY 4 Saturday July 3, 2010 8:00AM:...First Call 7:15am

1500m Run Final Sub-Bantam thru Young – may be combined
100m Dash Finals All Age Division...Primary thru Young
800m Run Final All Age Division...Primary thru Young
200m Dash Finals All Age Division...Primary thru Young
4x400m relay Final Bantam/Midget/Youth/Inter/Young (MUST HAVE OWN BATON)

NO WARMUP FOR ANY EVENT OR COOL DOWN ON INFIELD

ALL RUNNING EVENTS WITH THE EXCEPTION OF 100M AND 200M Dash WILL BE
CONTESTED AS A TIMED FINAL

ALL RUNNING EVENTS MUST REPORT TO THE CLERK OF COURSE WHEN
CALLED

FIELD EVENTS:

Day 3Friday July 2, 2010....8:00AM.....First Call 7:15am

FIELD EVENTS

LJ 1	LJ 2	HJ 1	HJ 2	SP 1	SP 2
SYB	SYG	YW	YM	PG/SBG	PB/SBB
YB	YG	IG	IB	BG/SMG	BB/SMB
IB	IG	YG	YB	MG/SYG/YG	MB/SYB/YB
YM	YW	SYG	SYB	IG/YW	IB/YM

LONG JUMP

HIGH JUMP

SHOT PUT

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Day 4..... Saturday July 3, 2010 8:00AM.....First Call 7:15am

FIELD EVENTS

<u>LJ 1</u>	<u>LJ 2</u>	<u>HJ 1</u>	<u>HJ 2</u>	DISCUS
MB	MG	SBG/BG	SBB/BB	SMB/SMG (1.0kg)
SMB	SMG			MB/MG(1.0kg)

LONG JUMP
MIDGET AND UNDER
3 JUMPS ONLY

SYB/SYG (1.0kg)
YB/YG (1.kg)
IG/YW (1.0kg)
IB/YM (1.6kg)

ALL TRIPLE JUMP WILL BE CONTESTED ON SATURDAY AFTER LONG JUMP

TRIPLE JUMP.....SYB/SYG.....YB/YG....IB/IG....YW/YM

POLE VAULT... Day 4...Saturday July 3, 2010 8:00am.....First Call 7:15am

SYG/YG/IG/YW

SYB/YB/IB/YM

Pole Vault Verification form require

Before warm up, give to vault official

LONG JUMP..... MIDGET AND UNDER3JUMPS ONLY
SHOT PUT.....MIDGET AND UNDER.....3 THROWS ONLY
DISCUS.....MIDGET AND UNDER.....3THROWS ONLY