



H A N D E L G O T H I C D M E D I U M

2011 USA Track & Field
Region III Junior Olympics Championships
SCHEDULE OF EVENTS

July 7-10, 2011 at Mill Creek High School

4400 Braselton Highway
Hoschton, Georgia 30548

Youth Chair: Jacqui Collins jacquicollins@usatfga.org 404-308-6308(cell)

Region 3 Coordinator: Henry McCallum hmcca77@verizon.net

Schedule-Region III Junior Olympics Championships

Hammer Throw and Steeplechase will be contested at 8:00 AM on Friday- July 8th at Westlake High School-2400 Union Road-Atlanta, GA 30331(Camp Creek Exit off Hwy 285)

THURSDAY, July 7, 2011

9:00 AM- IG & YW Heptathlon (1st Day)
100m Hurdles (33") IB/YM (36")
High Jump
Shot Put (4kg)
200m Dash

10:00 AM- MG & MB Pentathlon
80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run MG/MB

11:00 AM - YG & YB Pentathlon
100m Hurdles (YG 30"/ YB 33")
Shot Put (6lb YG/ 4 kilos YB)
High Jump
Long Jump
800/1500 Run YG/YB

12:00 PM - IB & YM Decathlon (1st Day)
100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

Running Events:

5:00 PM 4 x 800 Relay Finals MG, MB, YG, YB, IG, IB
YW/YM

Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303(h) in the Competition Rule Book.

All starting blocks and relay batons are provided. Do not bring your own.

Georgia Association meet implements available...

All Weights...Shots...Discus...Javelins and Mini Javelins

FRIDAY, July 8, 2011

Running Events

8:00 AM 2000m Steeplechase IG/YW (30")
IB/YM (36") -**Westlake High School**
Van will depart Mill Creek at 6:15 AM

9:00 AM- IG & YW Heptathlon (2nd Day)
Long Jump
Javelin (600g)
800m Run

9:45 AM IB & YM Decathlon (2nd DAY)
110m Hurdles (39")
Discus (1.6kg)
Pole Vault
Javelin (800 G)
1500m Run

10:30 AM - BG-BB Triathlon
Shot Put (6lb)
High Jump
200/400m Dash BG/BB

Racewalks:

10:00 AM 3000m Racewalk Finals IG, IB, YW,YM
10:30 3000m Racewalk Finals YG, YB
11:00 1500m Racewalk Finals BG, BB, MG MB

Relays

1:00 PM 4x400 Relay Qualifying All Divisions
3:30 4x100 Relay Qualifying All Divisions
5:00 800m Run Finals All Divisions

FIELD EVENTS:

**Hammer Throw -Westlake High School, 2400 Union Rd
Atlanta, GA 30331**

8:00 AM IG/YW 4kg. IB/YM 12lb.

Athletes must provide own hammer.

JAVELIN:

4:00 PM Youth Girls (600g)
5:30 PM Youth Boys (600g)
11:00AM Long Jump SBB- Pit #1, SBG-Pit #2

SHOT PUT:

12:30 PM MB - (6lb) 2:00 PM MG - (6 lb)

SATURDAY, July 9, 2011 Schedule

RUNNING EVENTS:

| | |
|-----------------|---|
| 8:00 AM | 3000m Run Finals YM |
| 8:30 AM | 3000m Run Finals – MG/MB/YG/YB/ IG/IB/YW |
| 10:45 AM | Short Hurdle Qualifying |
| | 80m MG/MB (30") |
| | 100m YG (30") |
| | 100m YB/IG/YW (33") |
| | 110m IB/YM (39") |
| 11:30 AM | 400m Dash Qualifying All Divisions |
| 1:15 PM | 100m Dash Qualifying All Divisions |
| 3:00 PM | 200m Dash Qualifying All Divisions |
| 4:45 PM | Long Hurdle Qualifying |
| | 200m YG/YB (30") |
| | 400m IG/YW (30") |
| | 400m IB/YM (36") |
| 5:30 | 4 x 100 Relay Finals All Divisions |

FIELD EVENTS:

POLE VAULT

9:00 AM YG/IG/YW – must provide own pole

TRIPLE JUMP

9:00 AM YB – Pit# 2 /YG Pit #1
10:00 AM IB – Pit # 2/IG Pit # 1
11:00 AM YM – Pit# 2/YW Pit # 1

LONG JUMP:

1:00 PM BB -- Pit # 1/BG– Pit# 2
3:00 MB – Pit# 1/MG – Pit# 2

HIGH JUMP

10:00 AM YM - Pit # 2
10:00 AM BB - Pit#1
12:00 PM IB - Pit # 2
12:00 PM MB - Pit #1
2:00 PM YB - Pit # 2

SHOT PUT:

8:30 AM SBB - (2k) -Pit #1
8:30 AM YM - (12lb) - Pit # 2
10:30 AM YB - (4kg) -Pit #1
10:30 AM IB - (12lb) - Pit # 2
1:00 PM BB - (6 lb) - Pit #1

DISCUS

11:00 AM MG – (1kg)
12:30 PM IG – (1kg)
2:00 PM YG – (1kg)
3:30 PM YW – (1kg)

JAVELIN

8:00 AM YW (600g)
9:30 AM IG (600g)

MINI JAVELIN

11:00 AM BB (300g)
12:30 PM BG (300g)
2:00 PM MG (300g)
3:30 PM MB (300g)

SUNDAY, July 10, 2011**Schedule****RUNNING EVENTS:**

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|----------|-------------------------------|
| 8:00 AM | 1500m Run Finals All Division |
| 10:00 AM | Short Hurdles Finals |
| 10:45 AM | 100m Dash Finals |
| 12:00 PM | 400 M Dash Finals |
| 1:45 PM | 200m Hurdle Finals |
| 2:00 PM | 400m Hurdle Finals |
| 2; 15 PM | 200 m Dash Finals |
| 4:00 PM | 4 x 400 Relay Finals |

FIELD EVENTS:**POLE VAULT**

9:00 AM YB/IB/YM – must provide own pole

DISCUS

9:00 AM YB (1kg)
 10:30 AM YM (1.6 kg)
 12:00 PM IB (1.6kg)
 2:00 PM MB (1kg)

HIGH JUMP

10:00 AM YW - Pit # 2
 10:00 AM BG - Pit #1
 12:00 PM IG - Pit# 2
 12:00 PM MG - Pit #1
 2:00 PM YG - Pit # 2

Field Events:**SHOT PUT**

8:30 AM YW (4kg) - Pit# 2
 8:30 AM SBG (2k) - Pit #1
 10:30 AM BG (6 lb)-Pit #1
 10:30 AM YG (6 lb) - Pit # 2
 12:30 PM IG (4kg) - Pit # 2

LONG JUMP

9:00 AM YB – Pit# 2 /YG Pit #1
 11:00 AM IB – Pit # 2/IG Pit # 1
 1:00 PM YM – Pit# 2/YW Pit # 1

JAVELIN

8:00 AM YM (800g)
 9:30 AM IB (800g)

MINI JAVELIN

11:00 AM SBB (300g)
 12:30 PM SBG (300g)

Implements for the Throws: Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.

DIRECTIONS BELOW...

Directions to Mill Creek High School

**4400 Braselton Highway (Exit 120 on Hwy 85)
Hoschton, Georgia 30548**

Mall of Georgia located at Exit 115 on Hwy 85

Mill Creek High School off Exit 120 on Hwy 85

From Atlanta/South:

- I-85 North
- Take the Hamilton Mill Parkway/Hamilton Mill Rd exit, # 120
- Turn Right onto Hamilton Mill Rd., travel 0.1 mile
- Turn Left onto Braselton Hwy/GA-124, travel 2.5 miles
- End at 4400 Braselton Hwy, Hoschton, TA 30548-1621
- Mill Creek High School is the large building on the left

From the North:

- I-85 South
- Take the GA-211 exit, #126, toward Winder.
- Turn Left onto GA-211/Old Winder Hwy. Continue to follow GA-211 for 0.4 mile
- Turn Right onto GA-124/Braselton Hwy, travel 4.6 miles
- End at 4400 Braselton Hwy, Hoschton, GA 30548-1621
- Mill Creek High School is the large building on the right