

Tentative Region 1 Schedule

2022 REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS Bowdoin College, July 7-8-9-10, 2022

SCHEDULE OF EVENTS (as of **May 10, 2022)**

THIS WILL BE UPDATED WEEKLY - CHECK AGAIN ON JULY 5 !!

AGE GROUPS: (Age is as of December 31, 2021)

Group 1 - 7 - 8 years old born 2014⁺

Group 2 - 9-10 years old born 2012-2013

Group 3 - 11-12 years old born 2010-2011

Group 4 - 13-14 years old born 2008-2009

Group 5 - 15-16 years old born 2006-2007

Group 6 - 17-18 years old born 2004 -2005 and before July 31, 2022(last day of National JO Championship)

THURSDAY, JULY 7 COMBINED EVENT SCHEDULE

10:00 AM

Decathlon - 15-18 will compete together

Other events will follow in order with appropriate rest intervals between events. 100 Meter

Dash

Long Jump Shot Put

High Jump

400 Meter Dash

10:30 PM

Heptathlon - 15-18 will compete together

Other events will follow in order with appropriate rest intervals between events. 100 Meter

Hurdles

High Jump Shot Put

200 Meter Dash

FRIDAY, JULY 8 COMBINED EVENTS SCHEDULE

9:30 AM Decathlon: 15-18 will compete together
110 Meter Hurdles Events will follow in order with appropriate rest intervals between
events. Discus Throw
Pole Vault
Javelin Throw
1500 Meter Run

9:30 AM TRIATHLON 2B
Shot Put
High Jump WILL CONTEST TOGETHER WITH 2G
400 Meter Dash

9:30 AM TRIATHLON 2G
Shot Put
High Jump WILL CONTEST TOGETHER WITH 2B
200 Meter Dash

9:45 AM HEPTATHLON 15-18 will compete together
Long Jump Events will follow in order with appropriate rest intervals between
events. Javelin Throw
800 Meter Run

10:00 AM PENTATHLON 3G AND 4G COMPETE TOGETHER
80 Meter Hurdles/100 Meter Hurdles
Shot Put - USING 2 CIRCLES , one for each age group
High Jump 1 PIT FOR ALL JUMPERS
Long Jump USING 2 PITS , one for each age
group 800 Meter

11:15 AM Pentathlon: 3B AND 4B COMPETE TOGETHER
80 Meter Hurdles/100 Meter Hurdles
Shot Put USING 2 CIRCLES , one for each age
group High Jump 1 PIT FOR ALL JUMPERS
Long Jump
1500 Meter

FRIDAY, JULY 8 TRACK SCHEDULE (All Track Events Girls than Boys, Youngest to Oldest)

12:00 PM 2000m Steeplechase (5G & 6G then 5B & 6B)

12:30 PM 4x800m Relay May combine age

groups

Combined event track events will be held on the track between the 4x800 and the 3000m

4:15 PM 3000m

FRIDAY FIELD EVENT SCHEDULE

2:00 PM HAMMER 5G & 6G, may be combined

4:30 PM HAMMER 5B then 6B

2022 REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS

SATURDAY, JULY 9 TRACK SCHEDULE

All Events Girls than Boys, Youngest to Oldest

If 8 or fewer report in hurdles/dash, final runs at trials time

9:30 AM	200 M Hurdles
9:50 AM	400 M Hurdles
10:10 AM	1500 M RACEWALK B/G - all ages Combined
10:30 AM	3000 M RACEWALK B/G - all ages Combined
11:00 AM	80 M HURDLES TRIALS
11:20 AM	100 M HURDLES TRIALS
12:00 NOON	110 M HURDLES TRIALS
12:20 PM	80 M HURDLES FINALS
12:30 PM	100 M HURDLES FINALS
12:50 PM	110 M HURDLES FINALS
1:00 PM	100 M TRIALS
3:00 PM	1500 M FINALS (Some ages may be combined)
4:00 PM	100 M FINALS
4:30 PM	400 M FINALS

SATURDAY, JULY 9 FIELD EVENT SCHEDULE

9:30 AM	POLE VAULT	ALL GIRLS - 4G, 5G, 6G	
9:30 AM	LONG JUMP	PIT #1 - 2B	PIT #2 - 2G
9:45 AM	HIGH JUMP	PIT #1 - 3B	PIT #2 - 3G
	DISCUS	4B	
	SHOT PUT	5G & 6G	
	MINI JAVELIN	1 G	
11:00 AM	HIGH JUMP	PIT #1 - 4B	PIT #2 - 4G
	LONG JUMP	PIT #1 - 3B	PIT #2 - 3G
	DISCUS	5B	
	SHOT PUT	2G	
	MINI JAVELIN	1B	
1:00 PM	HIGH JUMP	PIT#1 - 2B	PIT#2 - 2G
	LONG JUMP	PIT#1 - 1B	PIT#2 - 1G
	POLE VAULT	ALL BOYS - 4B, 5B, 6B	
	DISCUS	6B	
	SHOT PUT	4G	
	MINI JAVELIN	2G	
2:15 PM	HIGH JUMP	PIT#1 - 5B & 6B	PIT#2 - 5G & 6G
	LONG JUMP	PIT#1 - 4B	PIT#2 - 4G
	DISCUS	3B	
	SHOT PUT	3G	
	MINI JAVELIN	2B	
3:30 PM	LONG JUMP	PIT #1 - 5B	PIT #2 - 5G
	SHOT PUT	1G	
	AERO JAVELIN	3 G	
4:30 PM	LONG JUMP	PIT #1 6B	PIT #2 6G
	SHOT PUT	1B	
	AERO JAVELIN	3 B	

2022 REGION 1 JUNIOR OLYMPIC CHAMPS

SUNDAY, JULY 10

TRACK SCHEDULE

(All Track Events Girls than Boys, Youngest to Oldest)

8:30 AM	4X100 RELAYS (some ages may be combined)
9:30 AM	200 M TRIALS
11:30 PM	800 M FINALS
12:45 PM	200 M FINALS
1:15 PM	4X400 RELAYS (some ages may be combined)

FIELD EVENT SCHEDULE

8:30 AM	TRIPLE JUMP SHOT PUT DISCUS JAVELIN	PIT#1 - 4B 5B/6B 3G 5G/6G	PIT #2 - 4G
10:00 AM	TRIPLE JUMP SHOT PUT DISCUS JAVELIN	PIT#1 - 5B 2B 4G 4B	PIT #2 - 5G
11:30 PM	TRIPLE JUMP SHOT PUT DISCUS JAVELIN	PIT#1 - 6B 3B 5G 4G	PIT #2 - 6G
1:00 PM	SHOT PUT DISCUS JAVELIN	CIRCLE #1 – 4B CIRCLE #2 – 6G 5B then 6B	