



2019 AAU REGION 3 CHAMPIONSHIPS MULTI – EVENTS / TRACK & FIELD MEET SCHEDULE

*Athletes must be available to check-in to each event no later than **thirty (45)** minutes prior to the scheduled start of the event. Athletes should proceed to check-in on the first call. Once the final call is made for an event, the athlete will have **five (5)** remaining minutes to check-in. **Late** check-ins will not be permitted. The meet will proceed on a rolling schedule.

All events will be contested on a rolling schedule. All events, except for the first event of the day, may run up to one (1) hour ahead of posted schedule.

Some field events may be combined pending on entries at the time of competition.

Thursday, June 20, 2019

10:00 a.m.

Triathlon 9 – 10 yrs. Boys
High Jump (Pit 1), Shot Put, 400m

Triathlon 9 – 10 yrs. Girls
Shot Put (Pit 2), High Jump, 200m

10:00 a.m.

Heptathlon (Day One) 15 – 18 yrs. 100 M Hurdles, Shot Put, High Jump (Pit 2), 200 Meter Run

10:15 a.m.

Pentathlon 13 – 14 yrs. Girls
100 M Hurdles, Long Jump, Shot Put, High Jump, 800 Meter Run

10:30 a.m.

Pentathlon 13 – 14 yrs. Boys 100 M Hurdles, Long Jump, Shot Put, High Jump, 800 Meter Run

10:45 a.m.

Decathlon (Day One) 15 – 18 yrs. 100 Meter, Long Jump, Shot Put, High Jump, 400 Meter Run



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Friday, June 21, 2019

Multi-Events

8:15 a.m.
Decathlon (Day Two) 15 – 18 yrs.
Boys/Men
110 Meter Hurdles, Pole Vault*,
Javelin, Discus, 1500M Run

8:15 a.m.
Heptathlon (Day Two) 15 – 18 yrs.
Girls/Women
Long Jump, Javelin, 800M Run

8:45 a.m.
Pentathlon 11 – 12 yrs. Boys 80 Meter
Hurdles, Long Jump, Shot Put, High
Jump, 1500M Run

8:30 a.m.
Pentathlon 11 – 12 yrs. Girls 80M Hurdles, High
Jump, Shot Put, Long Jump, 800M Run

Track Events

9:00 a.m.
1500-Meter Race Walk (Finals) 9 – 12 yrs. 3000 M
Race Walk (Finals) 13 – 18 yrs.

9:30 a.m.

2000 m Steeplechase (Finals)

12:00 p.m.

All Age Divisions
100M Dash (Semi-Final) – Top 8 Advance

Field Events

11:00 a.m.

High Jump 9G - 9B, 10G - 10B

Long Jump Pit 1 8U Girls - 9U Girls; Pit 2 8U Boys – 9U Boys (*Immediately following the 100m trials*)

8:45 a.m.

Pole Vault 13 – 14 yrs. Boys & Girls; 15 – 18 yrs. Girls/Women

**Open Pole Vault for 15 – 18 yrs. Boys/Men will be conducted simultaneously with 15 – 18 yrs. Decathlon Pole Vault Competition.*

9:00 a.m.

Turbo Javelin U8-9U Girls and Boys



2019 AAU REGION 3 CHAMPIONSHIPS MULTI – EVENTS / TRACK & FIELD MEET SCHEDULE

Saturday, June 22, 2019

Track Events

8:30 a.m.

400M Run (TF) All Age Divisions

1500 M Run (Final) All Age Divisions

110mHH (Semi-Final) 15 – 18 yrs. Boys/Men (Top 8 Advance)

100Mh (Semi-Final) Girls; 15 -18 yrs. Girls/Women (Top 8 Advance)

100mH (Semi-Final) 13 – 14 yrs. Boys (Top 8 Advance)

100mH (Semi-Final) 13 – 14 yrs. Girls (Top 8 Advance)

80mH (Semi-Final) 11 – 12 yrs. Boys & Girls (Top 8 Advance)

200 Meter Run (**Semi-Final**) All Age Divisions (Top 8 Advance)

4 x 800 Relay (Final) 11 -12; 13-14; 15-16; 17- 18 yrs. (Boys& Girls/ Men &Women)

400 H (TF) 15 – 18 yrs.

200 H (TF) 13 – 14 yrs.

4 x 100 Relay (TF) 8 G/B; 10 G/B; 12 G/B; 14 G/B; 15-16 G/B; 17-18 W/M

Field Events

8:00 a.m.

High Jump (Pit 1) 15-16 Girls; 13 Girls; 11 Girls

High Jump (Pit 2); 17-18 Girls; 14 Girls; 12 Girls

Shot Put (Pit 1) 17-18 Girls;15-16 Girls; 14 Girls; 13 Girls 12 Girls; 11 Girls;

Shot Put (Pit 2) 12 Boys; 11 Boys; 10 Boys; 9 Boys 8 Boys

Discus 11 Boys; 12 Boys; 13 Boys; 14 Boys; 15-16 Boys; 17-18 Men

Long Jump (Pit 1) 11 Girls; 12 Girls;13 Girls; 15-16 Girls; 17-18 Women

Jump (Pit 2) 11 Boys; 12 Boys; 13 Boys;15-16 Boys; 17-18 Men

Javelin 17-18 Men; 15-16 Boys; 14 Boys; 13 Boys

Turbo Javelin 10 Girls; 10 Boys; 11 Girls; 11 Boys; 12 Girls; 12 Boys



**2019 AAU REGION 3 CHAMPIONSHIPS
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Sunday, June 23, 2019

Track Events

8:30 a.m.

3000M Run 11 – 18 yrs. (Final)

110 Meter Hurdles (Finals) 15-16 Boys; 17-18 Men

100 Meter Hurdles (Finals) 13 Boys/14 Boys; 15-16 Girls; 17-18 Women

100 Meter Hurdles (Finals) 13 Girls; 14 Girls;

80 Meter Hurdles (Finals) 11 Girls; 12 Girls; 11 Boys; 12 Boys

100 Meter (Finals) All Age Divisions

800 Meter (Finals) All Age Divisions

200 Meter (Finals) All Age Divisions

4 x 400 Relay (Finals) 10 G/B; 12 G/B; 14 G/B; 15-16 G/B; 17-18 W/M

Field Events

8:15 a.m.

High Jump (Pit 1) 11 Boys; 13 Boys; 15-16 Boys

High Jump (Pit 2) 12 Boys; 14 Boys; 17-18 Men

Discus 13 Girls; 14 Girls; 15-16 Girls; 17-18 Girls; 11 Girls; 12 Girls

Long Jump (Pit 1) 10 Boys; (Pit 2) 10 Girls

Triple Jump Pit (1) 13 Girls; 14 Girls; 15-16 Girls; 17-18 Women

Triple Jump Pit (2) 13 Boys; 14 Boys; 15-16 Boys; 17-18 Men

Shot Put (Pit 1) 17-18 Men; 15-16 Boys; 14 Boys; 13 Boys

Shot Put (Pit 2) 10 Girls; 9 Girls; 8 Girls

Javelin 13 Girls; 14 Girls; 15-16 Girls; 17-18 Girls