

2021 USATF National Junior Olympic Championships

Monday, July 26th

Multi-Events				
8:00 AM	9 & 10	Girls	Shot Put	Triathlon
	9 & 10	Boys	Shot Put	Triathlon
8:15 AM	13 & 14	Girls	100m Hurdles	Pentathlon
	13 & 14	Boys	100m Hurdles	Pentathlon
9:30 AM	9 & 10	Girls	Long Jump	Triathlon
	9 & 10	Boys	Long Jump	Triathlon
9:30 AM	11 & 12	Girls	80m Hurdles	Pentathlon
	11 & 12	Boys	80m Hurdles	Pentathlon
9:30 AM	13 & 14	Girls	Shot Put	Pentathlon
	13 & 14	Boys	Shot Put	Pentathlon
11:15 AM	11 & 12	Girls	Shot Put	Pentathlon
	11 & 12	Boys	Shot Put	Pentathlon
11:00 AM	9 & 10	Girls	200m	Triathlon
	9 & 10	Boys	400m	Triathlon
11:15 AM	13 & 14	Girls	High Jump	Pentathlon
	13 & 14	Boys	High Jump	Pentathlon
12:45 PM	11 & 12	Girls	High Jump	Pentathlon
	11 & 12	Boys	High Jump	Pentathlon
12:45 PM	13 & 14	Girls	Long Jump	Pentathlon
	13 & 14	Boys	Long Jump	Pentathlon
2:15 PM	13 & 14	Girls	800m Run	Pentathlon
	13 & 14	Boys	1500m Run	Pentathlon
2:15 PM	11 & 12	Girls	Long Jump	Pentathlon
	11 & 12	Boys	Long Jump	Pentathlon
3:45 PM	11 & 12	Girls	800m Run	Pentathlon
	11 & 12	Boys	1500m Run	Pentathlon

Field Events				
10:00 AM	11 & 12	Girls	Discus	Final
	9 & 10	Boys	Javelin	Final
2:00 PM	11 & 12	Boys	Discus	Final
	9 & 10	Girls	Javelin	Final
3:45 PM	9 & 10	Boys	Long Jump	Final
	8 and under	Boys	Shot Put	Final
6:00 PM	9 & 10	Girls	Long Jump	Final
	8 and under	Girls	Javelin	Final

Running Events				
10:00 AM	11 & 12	Girls	80 HH	Trials
	11 & 12	Boys	80 HH	Trials
11:00 AM	8 and under	Girls	100m Dash	Trials
	8 and under	Boys	100m Dash	Trials
	9 & 10	Girls	100m Dash	Trials
	9 & 10	Boys	100m Dash	Trials
	11 & 12	Girls	100m Dash	Trials
	11 & 12	Boys	100m Dash	Trials
1:00 PM	8 and under	Girls	800m Run	Trials
	8 and under	Boys	800m Run	Trials
	9 & 10	Girls	800m Run	Trials
	9 & 10	Boys	800m Run	Trials
	11 & 12	Girls	800m Run	Trials
	11 & 12	Boys	800m Run	Trials
4:00 PM	9 & 10	Girls	1500m RW	Finals
	9 & 10	Boys	1500m RW	Finals
	11 & 12	Girls	1500m RW	Finals
	11 & 12	Boys	1500m RW	Finals
7:00 PM	8 and under	Girls	400m Dash	Trials
	8 and under	Boys	400m Dash	Trials
	9 & 10	Girls	400m Dash	Trials
	9 & 10	Boys	400m Dash	Trials
	11 & 12	Girls	400m Dash	Trials
	11 & 12	Boys	400m Dash	Trials

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Tuesday, July 27th

Multi-Events				
8:00 AM	15 & 16	Girls	100m hurdles	Heptathlon
	17 & 18	Girls	100m hurdles	Heptathlon
9:00 AM	15 & 16	Girls	High Jump	Heptathlon
	17 & 18	Girls	High Jump	Heptathlon
9:45 AM	15 & 16	Boys	100m Dash	Decathlon
	17 & 18	Boys	100m Dash	Decathlon
11:00 AM	15 & 16	Boys	Long Jump	Decathlon
	17 & 18	Boys	Long Jump	Decathlon
11:15 AM	15 & 16	Girls	Shot Put	Heptathlon
	17 & 18	Girls	Shot Put	Heptathlon
12:45 AM	15 & 16	Boys	Shot Put	Decathlon
	17 & 18	Boys	Shot Put	Decathlon
1:15 PM	15 & 16	Girls	200m Dash	Heptathlon
	17 & 18	Girls	200m Dash	Heptathlon
2:00 PM	15 & 16	Boys	High Jump	Decathlon
	17 & 18	Boys	High Jump	Decathlon
4:00 PM	15 & 16	Boys	400m Dash	Decathlon
	17 & 18	Boys	400m Dash	Decathlon
Field Events				
10:00 AM	8 and under	Boys	Javelin	Final
11:00 PM	9 & 10	Boys	High Jump	Final
2:00 PM	11 & 12	Girls	Long Jump	Final
	11 & 12	Boys	Javelin	Final
	9 & 10	Girls	Shot Put	Final
6:00 PM	11 & 12	Boys	Long Jump	Final
	11 & 12	Girls	Javelin	Final
	9 & 10	Boys	Shot Put	Final

Running Events				
10:15 AM	8 and under	Girls	4 X 100m Relay	Trials
	8 and under	Boys	4 X 100m Relay	Trials
	9 & 10	Girls	4 X 100m Relay	Trials
	9 & 10	Boys	4 X 100m Relay	Trials
	11 & 12	Girls	4 X 100m Relay	Trials
	11 & 12	Boys	4 X 100m Relay	Trials
12:00 PM	11 & 12	Girls	4 X 800m Relay	Final
	11 & 12	Boys	4 X 800m Relay	Final
1:00 PM	8 and under	Girls	200m Dash	Trials
	8 and under	Boys	200m Dash	Trials
	9 & 10	Girls	200m Dash	Trials
	9 & 10	Boys	200m Dash	Trials
	11 & 12	Girls	200m Dash	Trials
	11 & 12	Boys	200m Dash	Trials
4:00 PM	8 and under	Girls	1500m Run	Finals
	8 and under	Boys	1500m Run	Finals
	9 & 10	Girls	1500m Run	Finals
	9 & 10	Boys	1500m Run	Finals
	11 & 12	Girls	1500m Run	Finals
	11 & 12	Boys	1500m Run	Finals
7:00 PM	8 and under	Girls	100m Dash	Finals
	8 and under	Boys	100m Dash	Finals
	9 & 10	Girls	100m Dash	Finals
	9 & 10	Boys	100m Dash	Finals
	11 & 12	Girls	100m Dash	Finals
	11 & 12	Boys	100m Dash	Finals

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Wednesday, July 28th

Multi-Events				
8:00 AM	15 & 16	Boys	110m Hurdles	Decathlon
9:45 AM	17 & 18	Boys	110m Hurdles	Decathlon
8:45 AM	15 & 16	Boys	Discus	Decathlon
10:30 AM	17 & 18	Boys	Discus	Decathlon
9:00 AM	15 & 16	Girls	Long Jump	Heptathlon
10:00 AM	17 & 18	Girls	Long Jump	Heptathlon
10:15 AM	15 & 16	Boys	Pole Vault	Decathlon
12:15pm	17 & 18	Boys	Pole Vault	Decathlon
10:15 AM	15 & 16	Girls	Javelin Throw	Heptathlon
11:45 AM	17 & 18	Girls	Javelin Throw	Heptathlon
1:15 PM	15 & 16	Boys	Javelin Throw	Decathlon
3:00 PM	17 & 18	Boys	Javelin Throw	Decathlon
12:45 PM	17 & 18	Girls	800m Run	Heptathlon
2:00 PM	17 & 18	Girls	800m Run	Heptathlon
3:15 PM	15 & 16	Boys	1500m Run	Decathlon
5:00 PM	17 & 18	Boys	1500m Run	Decathlon

Field Events				
10:00 AM	9 & 10	Girls	High Jump	Final
	8 and under	Girls	Shot Put	Final
2:00 PM	8 and under	Girls	Long Jump	Final
	11 & 12	Girls	High Jump	Final
	11 & 12	Boys	Shot Put	Final
6:00 PM	8 and under	Boys	Long Jump	Final
	11 & 12	Boys	High Jump	Final
	11 & 12	Girls	Shot Put	Final

Running Events				
10:15 AM	11 & 12	Girls	80 HH	Final
	11 & 12	Boys	80 HH	Final
	11 & 12	Girls	3000m Run	Final
	11 & 12	Boys	3000m Run	Final
1:00 PM	8 and under	Girls	4 X 100m Relay	Final
	8 and under	Boys	4 X 100m Relay	Final
	9 & 10	Girls	4 X 100m Relay	Final
	9 & 10	Boys	4 X 100m Relay	Final
	11 & 12	Girls	4 X 100m Relay	Final
	11 & 12	Boys	4 X 100m Relay	Final
2:00 PM	8 and under	Girls	400m Dash	Finals
	8 and under	Boys	400m Dash	Finals
	9 & 10	Girls	400m Dash	Finals
	9 & 10	Boys	400m Dash	Finals
	11 & 12	Girls	400m Dash	Finals
	11 & 12	Boys	400m Dash	Finals
3:00 PM	8 and under	Girls	800m Run	Finals
	8 and under	Boys	800m Run	Finals
	9 & 10	Girls	800m Run	Finals
	9 & 10	Boys	800m Run	Finals
	11 & 12	Girls	800m Run	Finals
	11 & 12	Boys	800m Run	Finals
4:00 PM	8 and under	Girls	200m Dash	Finals
	8 and under	Boys	200m Dash	Finals
	9 & 10	Boys	200m Dash	Finals
	9 & 10	Girls	200m Dash	Finals
	11 & 12	Girls	200m Dash	Finals
	11 & 12	Boys	200m Dash	Finals
5:00 PM	8 and under	Girls	4 X 400 Relay	Final
	8 and under	Boys	4 X 400 Relay	Final
	9 & 10	Girls	4 X 400 Relay	Final
	9 & 10	Boys	4 X 400 Relay	Final
	11 & 12	Girls	4 X 400 Relay	Final
	11 & 12	Boys	4 X 400 Relay	Final

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Thursday, July 29th

Field Events				
9:00 AM	13 & 14	Girls	Long Jump	Final
	13 & 14	Girls	Pole Vault	Final
	15 & 16	Girls	Hammer	Final
	17 & 18	Boys	Javelin	Final
12:00 PM	13 & 14	Boys	Long Jump	Final
1:00 PM	15 & 16	Girls	Pole Vault	Final
	17 & 18	Girls	High Jump	Final
	17 & 18	Girls	Hammer	Final
	15 & 16	Boys	Javelin	Final
2:30 PM	15 & 16	Girls	Long Jump	Final
5:00 PM	15 & 16	Boys	Long Jump	Final
	17 & 18	Boys	High Jump	Final
	13 & 14	Girls	Discus	Final
	13 & 14	Boys	Javelin	Final

Running Events				
9:00 AM	13 & 14	Girls	100 HH	Trials
	13 & 14	Boys	100 HH	Trials
	15 & 16	Girls	100/110 HH	Trials
	15 & 16	Boys	100/110 HH	Trials
	17 & 18	Girls	100/110 HH	Trials
	17 & 18	Boys	100/110 HH	Trials
10:00 AM	13 & 14	Girls	800m Run	Trials
	13 & 14	Boys	800m Run	Trials
	15 & 16	Girls	800m Run	Trials
	15 & 16	Boys	800m Run	Trials
	17 & 18	Girls	800m Run	Trials
	17 & 18	Boys	800m Run	Trials
12:00 PM	13 & 14	Girls	100m Dash	Trials
	13 & 14	Boys	100m Dash	Trials
	15 & 16	Girls	100m Dash	Trials
	15 & 16	Boys	100m Dash	Trials
	17 & 18	Girls	100m Dash	Trials
	17 & 18	Boys	100m Dash	Trials
3:00 PM	13 & 14	Girls	3000 RW	Finals
	13 & 14	Boys	3000 RW	Finals
	15 & 16	Girls	3000 RW	Finals
	15 & 16	Boys	3000 RW	Finals
	17 & 18	Girls	3000 RW	Finals
	17 & 18	Boys	3000 RW	Finals
6:00 PM	13 & 14	Girls	400m Dash	Trials
	13 & 14	Boys	400m Dash	Trials
	15 & 16	Girls	400m Dash	Trials
	15 & 16	Boys	400m Dash	Trials
	17 & 18	Girls	400m Dash	Trials
	17 & 18	Boys	400m Dash	Trials

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Friday, July 30th

Field Events				
9:00 AM	17 & 18	Girls	Long Jump	Final
	13 & 14	Boys	Pole Vault	Final
	15 & 16	Girls	High Jump	Final
	15 & 16	Boys	Hammer	Final
	15 & 16	Girls	Javelin	Final
1:00 PM	17 & 18	Boys	Long Jump	Final
	13 & 14	Boys	High Jump	Final
	15 & 16	Boys	Pole Vault	Final
	17 & 18	Boys	Hammer	Final
	13 & 14	Girls	Javelin	Final
5:00 PM	13 & 14	Girls	Triple Jump	Final
	13 & 14	Boys	Discus	Final
	17 & 18	Girls	Javelin	Final
	13 & 14	Girls	Shot Put	Final

Running Events				
9:00 AM	13 & 14	Girls	200m Hurdles	Finals
	13 & 14	Boys	200m Hurdles	Finals
	15 & 16	Girls	400m Hurdles	Finals
	15 & 16	Boys	400m Hurdles	Finals
	17 & 18	Girls	400m Hurdles	Finals
	17 & 18	Boys	400m Hurdles	Finals
10:00 AM	13 & 14	Girls	4 X 100m Relay	Trials
	13 & 14	Boys	4 X 100m Relay	Trials
	15 & 16	Girls	4 X 100m Relay	Trials
	15 & 16	Boys	4 X 100m Relay	Trials
	17 & 18	Girls	4 X 100m Relay	Trials
	17 & 18	Boys	4 X 100m Relay	Trials
12:00 PM	13 & 14	Girls	4 X 800m Relay	Final
	15 & 16	Girls	4 X 800m Relay	Final
	17 & 18	Girls	4 X 800m Relay	Final
	13 & 14	Boys	4 X 800m Relay	Final
	15 & 16	Boys	4 X 800m Relay	Final
	17 & 18	Boys	4 X 800m Relay	Final
3:00 PM	13 & 14	Girls	200m Dash	Trials
	13 & 14	Boys	200m Dash	Trials
	15 & 16	Girls	200m Dash	Trials
	15 & 16	Boys	200m Dash	Trials
	17 & 18	Girls	200m Dash	Trials
	17 & 18	Boys	200m Dash	Trials
6:00 PM	13 & 14	Girls	1500m Run	Final
	13 & 14	Boys	1500m Run	Final
	15 & 16	Girls	1500m Run	Final
	15 & 16	Boys	1500m Run	Final
	17 & 18	Girls	1500m Run	Final
	17 & 18	Boys	1500m Run	Final

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Saturday, July 31st

Field Events				
9:00 AM	13 & 14	Boys	Triple Jump	Final
	17 & 18	Girls	Pole Vault	Final
	15 & 16	Boys	High Jump	Final
	15 & 16	Girls	Discus	Final
	15 & 16	Boys	Shot Put	Final
1:00 PM	15 & 16	Girls	Triple Jump	Final
	13 & 14	Girls	High Jump	Final
	17 & 18	Boys	Pole Vault	Final
	17 & 18	Girls	Discus	Final
	17 & 18	Boys	Shot Put	Final
5:00 PM	15 & 16	Boys	Triple Jump	Final
	13 & 14	Boys	Shot Put	Final

Running Events				
9:00 AM	13 & 14	Girls	100 HH	Finals
	13 & 14	Boys	100 HH	Finals
	15 & 16	Girls	100/110 HH	Finals
	15 & 16	Boys	100/110 HH	Finals
	17 & 18	Girls	100/110 HH	Finals
	17 & 18	Boys	100/110 HH	Finals
10:00 AM	13 & 14	Girls	100m Dash	Finals
	13 & 14	Boys	100m Dash	Finals
	15 & 16	Girls	100m Dash	Finals
	15 & 16	Boys	100m Dash	Finals
	17 & 18	Girls	100m Dash	Finals
	17 & 18	Boys	100m Dash	Finals
12:00 PM	13 & 14	Girls	800m Run	Finals
	13 & 14	Boys	800m Run	Finals
	15 & 16	Girls	800m Run	Finals
	15 & 16	Boys	800m Run	Finals
	17 & 18	Girls	800m Run	Finals
	17 & 18	Boys	800m Run	Finals
3:00 PM	13 & 14	Girls	400m Dash	Finals
	13 & 14	Boys	400m Dash	Finals
	15 & 16	Girls	400m Dash	Finals
	15 & 16	Boys	400m Dash	Finals
	17 & 18	Girls	400m Dash	Finals
	17 & 18	Boys	400m Dash	Finals
6:00 PM	13 & 14	Girls	3000m Run	Final
	13 & 14	Boys	3000m Run	Final
	15 & 16	Girls	3000m Run	Final
	15 & 16	Boys	3000m Run	Final
	17 & 18	Girls	3000m Run	Final
	17 & 18	Boys	3000m Run	Final

2021 USATF National Junior Olympic Championships

Sunday, August 1st

Field Events				
9:00 AM	17 & 18	Girls	Triple Jump	Final
	15 & 16	Boys	Discus	Final
	15 & 16	Girls	Shot Put	Final
1:00 PM	17 & 18	Boys	Triple Jump	Final
	17 & 18	Boys	Discus	Final
	17 & 18	Girls	Shot Put	Final

Running Events				
9:00 AM	13 & 14	Girls	4 X 100m Relay	Finals
	13 & 14	Boys	4 X 100m Relay	Finals
	15 & 16	Girls	4 X 100m Relay	Finals
	15 & 16	Boys	4 X 100m Relay	Finals
	17 & 18	Girls	4 X 100m Relay	Finals
	17 & 18	Boys	4 X 100m Relay	Finals
10:00 AM	13 & 14	Girls	200m Dash	Finals
	13 & 14	Boys	200m Dash	Finals
	15 & 16	Girls	200m Dash	Finals
	15 & 16	Boys	200m Dash	Finals
	17 & 18	Girls	200m Dash	Finals
	17 & 18	Boys	200m Dash	Finals
2:00 PM	15 & 16	Girls	2000m Steeple	Finals
	15 & 16	Boys	2000m Steeple	Finals
	17 & 18	Girls	2000m Steeple	Finals
	17 & 18	Boys	2000m Steeple	Finals
4:00 p.m.	13 & 14	Girls	4 X 400 Relay	Final
	13 & 14	Boys	4 X 400 Relay	Final
	15 & 16	Girls	4 X 400 Relay	Final
	15 & 16	Boys	4 X 400 Relay	Final
	17 & 18	Girls	4 X 400 Relay	Final
	17 & 18	Boys	4 X 400 Relay	Final