

2024 USATF Region 13

as of June 1

Junior Olympic Track & Field Championship

July 4th through 7th

Mt Hood Community College - Gresham, OR

Events May Start Up to 30 minutes ahead of the time listed.

Please check the official Region 13 website on the USATF Oregon website for the most up to date event schedule

THURSDAY COMBINED EVENTS - JULY 4

8:30AM*	Heptathlon - Day 1	15-16G	100H HJ SP 200
8:30AM*	Heptathlon - Day 1	17-18G	100H HJ SP 200
9:00AM	Pentathlon	13-14B	100H SP HJ LJ 1500
9:15AM	Pentathlon	13-14G	100H SP HJ LJ 800
10:00AM*	Decathlon - Day 1	15-16B	100 LJ SP HJ 400
10:00AM*	Decathlon - Day 1	17-18B	100 LJ SP HJ 400
1:00PM*	Triathlon	9-10G	SP HJ 200
1:00PM*	Triathlon	9-10B	SP HJ 400

*Age group with fewer athletes will start first, followed by age group with more athletes.

THURSDAY TRACK EVENTS - JULY 4

5:30PM	2000M Steeplechase	Final	15-16B/17-18B
5:50PM	2000M Steeplechase	Final	13-14B
6:10PM	2000M Steeplechase	Final	13-14G/15-16G/17-18G

Age groups separated by a slash / will run together when practical.

In individual events, 8 athletes/relay teams qualify from Regionals to Nationals

In individual events, top 5 athletes plus any athlete who meets the national standard advance from Region to the National.

Athletes with both a track and a field event contested at the same time are NEVER required to stay in the clerking tent. After check-in, the athlete may return to their field event, but it is the athlete's responsibility to return to the clerks tent or start line in time for their race.

Results on Athletic.net

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FRIDAY COMBINED EVENTS - JULY 5					
8:30AM*	Decathlon - Day 2	15-16B	110H	DISC PV JAV	1500
8:30AM*	Decathlon - Day 2	17-18G	110H	DISC PV JAV	1500
9:30AM	Pentathlon	11-12B	80H	SP HJ LJ.	1500
10:00AM	Pentathlon	11-12G	80H	SP HJ LJ.	1500
10:00AM*	Heptathlon - Day 2	15-16G	LJ	JAV	800
10:00AM*	Heptathlon - Day 2	17-18G	LJ	JAV	800
*Age group with fewer athletes will start first, followed by age group with more athletes.					
FRIDAY TRACK EVENTS - JULY 5					
4:30PM	1500M Race Walk	Final	9-10G/9-10B/11-12G/11-12B		
4:30PM	3000M Race Walk	Final	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B		
5:15PM	4X800M Relay	Final	11-12G/13-14G/15-16G/17-18G		
5:35PM	4X800M Relay	Final	11-12B/13-14B/15-16B/17-18B		
6:00PM	200M Dash	Semi-Final	All Divisions [^]		
FRIDAY FIELD EVENTS - JULY 5					
3:00PM	Mini Javelin (South)	09-10G	4:30PM	Mini Javelin (South)	09-10B
3:00PM	Aero Javelin (South)	11-12B	4:30PM	Aero Javelin (South)	11-12G
3:00PM	Shot Put (Ring 1)	13-14G	5:00PM	High Jump	14-14G
3:00PM	High Jump	13-14B	5:00PM	Long Jump (North)	08&uG
3:00PM	Long Jump (North)	08&uB	5:00PM	Long Jump (South)	09-10G
3:00PM	Long Jump (South)	09-10B	6:00PM	Javelin	13-14B
3:00PM*	Hammer	15-16G	7:00PM	Triple Jump	13-14G
4:20PM*	Hammer	17-18G	7:00PM	Triple Jump	13-14B
5:40PM*	Hammer	15-16B	*Hammer times will be optimized once entries close.		
7:00PM*	Hammer	17-18B			
[^] The order for All Divisions races are: 08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B					
Age groups separated by a slash / will run together when practical.					
If there are 8 or fewer runners in a semi-final event, it will be run as a final event.					
8 athletes qualify for the finals in field events					
In individual events, 8 athletes/relay teams qualify from Regionals to Nationals					
In individual events, top 5 athletes plus any athlete who meets the national standard advance from Regionals to Nationals					
Athletes with both a track and a field event contested at the same time are NEVER required to stay in the clerking tent. After check-in, the athlete may return to their field event, but it is the athlete's responsibility to be on time for their event.					

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SATURDAY TRACK EVENTS - JULY 6					
9:00AM	1500M Run	Final	All Divisions^		
10:30AM	100M	Semi-Final	All Divisions^		
12:00PM	400M Hurdles	Final	15-16G, 17-18G, 15-16B, 17-18B		
12:30PM	200M Hurdles	Final	13-14G, 13-14B		
1:30PM	4x100M Relay	Final	All Divisions^		
2:30PM	400M Dash	Final	All Divisions^		
SATURDAY FIELD EVENTS - JULY 6					
8:30AM	Javelin	13-14G	11:30AM		
8:30AM	Shot Put (Ring 1)	09-10B	11:30AM	Shot Put (Ring 1)	17-18G
8:30AM	Shot Put (Ring 2)	08&uG	12:20PM	Discus	15-16G
8:30AM	High Jump	09-10G	12:30PM	High Jump	17-18B
8:30AM	Long Jump (North)	11-12G	1:00PM	Long Jump (North)	11-12B
8:30AM	Triple Jump (South)	15-16G	1:00PM	Triple Jump (South)	17-18G
9:30AM	Javelin	17-18B	1:20PM	Discus	13-14B
9:30AM	Pole Vault	13-14G	1:30PM		
10:00AM	Shot Put (Ring 1)	09-10G	1:30PM	Shot Put (Ring 1)	15-16B
10:30AM	High Jump	11-12G	1:45PM	Pole Vault	15-16G
10:30AM	Long Jump (North)	15-16B	2:30PM	High Jump	09-19B
10:30AM	Long Jump (South)	17-18B	3:10PM	Discus	11-12B
11:15AM	Pole Vault	17-18G	3:15PM	Mini Javelin (South)	08&uB
11:30AM	Discus	11-12G	3:15PM	Shot Put (Ring 1)	13-14B
^ The order for All Divisions races are: 08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B					
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SUNDAY TRACK EVENTS - JULY 7

9:00AM	3000M Run	Final	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B,
10:40AM	100M	Final	All Divisions^
11:25AM	80M Hurdles	Final	11-12G, 11-12B
11:40AM	100M Hurdles	Final	13-14G, 13-14B, 15-16G, 17-18G
12:10PM	110M Hurdles	Final	15-16-B, 17-18B
12:45PM	800M Run	Final	All Divisions^
1:50PM	200M Dash	Final	All Divisions^
2:45PM	4X400M Relay	Final	All Divisions^

SUNDAY FIELD EVENTS - JULY 7

8:30AM	Discus	15-16B	10:45AM	Pole Vault	17-18B
8:30AM	Shot Put (Ring 1)	11-12G	11:00AM	Javelin	15-16G
8:30AM	Shot Put (Ring 2)	08&uB	12:15PM	Shot Put (Ring 1)	17-18B
8:30AM	High Jump	11-12B	12:20PM	Discus	13-14G
8:30AM	Long Jump (North)	15-16G	12:20PM	High Jump	15-16G
8:30AM	Long Jump (South)	17-18G	1:00PM	Javelin	17-18G
8:30AM	Mini Javelin (South)	08&uG	1:00PM	Long Jump (North)	13-14G
9:00AM	Pole Vault	13-14B	1:00PM	Triple Jump (South)	17-18B
10:15AM	Shot Put (Ring 1)	15-16G	1:15PM	Pole Vault	15-16B
10:20AM	Discus	17-18G	2:00PM	Shot Put (Ring 1)	11-12B
10:20AM	High Jump	15-16B	2:10PM	High Jump	17-18G
10:30AM	Long Jump (North)	13-14B	1:50PM	Discus	17-18B
10:30AM	Triple Jump (South)	15-16B	2:40PM	Javelin	15-16B

^ The order for All Divisions races are:

08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-

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