

**Suggested 2- or 3-day Track and Field Meet Schedule**  
**From Youth Operating Procedures**  
*January 2009*

- When a three-day schedule is required the Intermediate Girls and Boys and the Young Women and Young Men will compete on Friday in the long jump, hammer throw and steeplechase. Other events can be contested on Friday as deemed necessary by Meet Director
- No Sub-Bantam division at Junior Olympic Championship meets; Sub-Bantams must compete at Bantam level at all Junior Olympic competitions. Also, triple jump to start after completion of the long jump. Discus to start after completion of the javelin
- 4x200 is an exhibition event only. It is held at the discretion of the Meet Director. The 4x200 will not be contested at the PAC Championship, JO Championship or Region 14 JO Championship meets

**FIRST DAY**

**TRACK EVENTS**

5000 meter run finals	YM
3000 meter run finals	MG, MB, YG, YB, IG, YW
4x800 relay finals	MG, MB, YG, YB, IG, IB, YW, YM
200 meter trials	All age groups starting with SBG
1500 meter Race Walk finals	BG, BB, MG, MB
3000 meter Race Walk finals	YG, YB, IG, IB, YW, YM
800 meter run finals	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
200 meter finals	All age groups starting with SBG
110 meter hurdle trials	IB, YM
100 meter hurdle trials	IG, YW, YB, YG
80 meter hurdle trials	MG, MB
400 meter run finals	All age groups starting with SBG

**FIELD EVENTS**

Long Jump	SBG, SBB, BG, BB, MG, MB, YG, YB
High Jump	YG, YB, IG, IB, YW, YM
Shot Put	YW, YM, IG, IB, YG, YB, MG, MB, BG, BB
Javelin	YG, YB, IG, IB, YW, YM
Pole Vault	YB, IB, YM
Mini Javelin	MG, MB, BG, BB, SBG, SBB

**SECOND DAY**

**TRACK EVENTS**

1500 run finals	All age groups starting with BG
4x100 relay finals	All ages starting with SBG
200 meter hurdle finals	YG, YB
400 meter hurdle finals	IG, IB, YW, YM

100 meter trials	All age groups starting with SBG
110 meter hurdle finals	IB, YM
100 meter hurdle finals	IG, YW, YB, YG
80 meter hurdle finals	MG, MB
100 meter finals	All age groups starting with SBG
4x200 meter relay*	All age groups starting with SBG
4x400 meter relay finals	All age groups starting with BG

### **FIELD EVENTS**

Long Jump	IG, IB, YW, YM
Triple Jump	YG, YB, IG, IB, YW, YM
Discus	MG, MB, YG, YB, IG, IB, YW, YM
High Jump	BG, BB, MG, MB
Pole Vault	YG, IG, YW