

Schedule of Events

PLEASE CHECK FOR LAST MINUTE SCHEDULING CHANGES WHICH MAY BE NECESSARY IN ORDER TO ACCOMMODATE FIELD SIZES. PRELIMS IN THE 100 METER DASH AND 200 METER DASH MAY, OR MAY NOT, BE NECESSARY --- ONLY 1/8" SPIKES ARE PERMITTED.

This track & field meet has a "rolling schedule", which means that with exception to a start times listed for each day there is no scheduled time for the start of each running event. Pay close attention to the schedule of events and be aware of what events are occurring at any given time during each day. Listen for the "first" and "second" calls for each event and schedule your warm-ups accordingly! The schedule of events will not change the day of the events.

Age Division Code:

SB - Sub Bantam Division	-	Born 2003 or later
B - Bantam Division	-	Born 2001-2002
M - Midget Division	-	Born 1999-2000
Yo - Youth Division	-	Born 1997-1998
Int - Intermediate Division	-	Born 1995-1996
Yg - Young Men & Women Division	-	Born 1993-1994 or still 18 on August 1, 2011

June 3 - 4, 2011(Great Falls) – Decathlon and Heptathlon Multi-Events

<u>Time</u>	<u>Event</u>	<u>Division</u>
10:00 A.M.	<u>Decathlon – Intermediate/Young Men</u>	<u>Heptathlon – Intermediate/Young Women</u>
	Day1: 100-Meters, Long Jump, Shot Put, High Jump, 400-Meters	Day 1: 100 Meter Hurdles, High Jump, Shot Put, 200-Meters
	Day 2: 110 Hurdles, Discus, Pole Vault Javelin, 1500 Meters	Day 2: Long Jump, Javelin, 800 Meters

Friday, June 17, 2011 – Multi-Events – 3000 and 5000 Meter Runs

<u>Time</u>	<u>Event</u>	<u>Division</u>
4:00 PM	<u>Triathlon, Pentathlon</u>	<u>Bantam/Midget/Youth</u>
	80-Meter Hurdles - Pentathlon	Midget (Girls & Boys – 30")
	100-Meter Hurdles – Pentathlon	Youth (Girls – 30" & Boys – 33")
	Shot Put – Triathlon/Pentathlon	Bantam/ Midget/Youth
	High Jump – Triathlon/Pentathlon	Bantam/Midget/Youth
	Long Jump – Pentathlon	Midget/Youth (Boys/Girls)
	200-Meter Dash – Triathlon	Bantam (G)
	400-Meter Dash – Triathlon	Bantam (B)
7:00 PM	800 Meter Run – Pentathlon	Midget/Youth (Girls)
	1500-Meter Run – Pentathlon	Midget/Youth (Boys)
	3000 Meter Run	Girls – Midget/Youth/Intermediate/Young
		Boys – Midget/Youth/Intermediate/Young
6:00-8:00 P.M.	Athlete Packet Pickup	

Saturday, June 18, 2011

<u>Time</u>	<u>Event</u>	<u>Division</u>
8:00 A.M.	Athlete Check-In & Packet Pick-Up – <u>No Late Entries</u>	
	- <u>Running Events</u> -	
10:30 A.M.	4 x 800 Meter Relay	Girls & Boys - All Divisions
	100 Meter Dash Prelims (Tentative)	Girls & Boys - All Divisions ** Confirm
	1500-Meter Race Walk	Girls & Boys - Bantam/Midget
	3000-Meter Race Walk	Girls & Boys - Youth/Intermediate/Young
	200 Meter Dash Prelims (Tentative)	Girls & Boys - All Divisions ** Confirm
12:00 P.M.	1500-Meter Run	Girls & Boys - All Divisions
	80-Meter Hurdles (30")	Girls & Boys - Midget
	100-Meter Hurdles (30")	Girls - Youth
	100-Meter Hurdles (33")	Boys - Youth
	100-Meter Hurdles (33")	Girls - Intermediate/Young
	110-Meter Hurdles (36")	Boys - Intermediate/Young Men
	4 x 100 Meter Relay	Girls & Boys - All Divisions
	100-Meter Dash Finals	Girls & Boys - All Divisions
	800-Meter Run	Girls & Boys - All Divisions
	200-Meter Hurdles	Girls & Boys - Youth
	400-Meter Hurdles	Girls & Boys - Intermediate/Young
	400-Meter Run	Girls & Boys - All Divisions
	200-Meter Dash Finals	Girls & Boys - All Divisions
	4 x 400 Meter Relay	Girls & Boys - All Divisions

** Note: There will be 100 & 200 meter prelims in the morning if there are more than two heats in any division, all other finals will be in the afternoon. Confirm which divisions are scheduled for prelims, if any.

- Field Events -

<u>Time</u>	<u>Event</u>	<u>Division</u>
9:30 A.M.	Long Jump	Girls & Boys - Sub-Bantam/Bantam/Midget
	High Jump	Girls & Boys - Youth/Intermediate/Young Men & Women
	Shot Put	Boys & Girls - Sub-Bantam/Bantam/Midget/Youth
	Discus	Boys & Girls - Intermediate/Young Men & Women
	Pole Vault	Girls - Youth/Intermediate/Young Women
11:00 A.M.	Long Jump	Girls & Boys - Youth/Intermediate/Young Men & Women
	High Jump	Girls & Boys - Bantam/Midget
	Shot Put	Boys & Girls - Intermediate/Young Men & Women
	Discus	Boys & Girls - Midget/Youth
	Pole Vault	Boys - Youth/Intermediate/Young Men
12:30 P.M.	Triple Jump	Girls & Boys - Youth/Intermediate/Young Men & Women
	Mini-Javelin	Boys & Girls - Sub-Bantam/Bantam/Midget
	Javelin	Boys & Girls - Youth/Intermediate/Young M & W

Multi-Event Information

A Multi-event is when one athlete does three (3) or more events. There are different Multi-events for all age divisions and genders.

The events are run close together on a scheduled time frame. To score, you receive points for level of performance in each event. The goal is to earn the most points. All participants will advance to the Regional Meet with top two (2) qualifying for the National Meet and a third athlete when meeting a certain qualifying standard.

	Triathlon	Pentathlon	Hept./Decathlon
Long Jump		Girls & Boys	Girls & Boys
Javelin			Girls & Boys
High Jump	Girls & Boys	Girls & Boys	Girls & Boys
Shot Put	Girls & Boys	Girls & Boys	Girls & Boys
Discus			Boys
Pole Vault			Boys
100 M Dash			Boys
200 M Dash	Girls		Girls
400 M Dash	Boys		Boys
800 M Dash		Girls	Girls
1500 M Dash		Boys	Boys
Hurdles		80 M Mi - 100 M Y	100M G – 110M B

Events Offered by Age Division

Events	Sub-Bantam	Bantam	Midget	Youth	Intermediate	Young M/W
100 Meter Dash	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
200 Meter Dash	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
400 Meter Dash	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
800 Meter Run	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
1500 Meter Run	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
3000 Meter Run			Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
5000 Meter Run						
2000 M Steeplechase					Girls & Boys	Girls & Boys
1500 Meter Race Walk		Girls & Boys	Girls & Boys			
3000 Meter Race Walk				Girls & Boys	Girls & Boys	Girls & Boys
80 Meter Hurdles			30" Girls & Boys			
100 Meter Hurdles				30" G - 33" B	33" Girls	33" Girls
110 Meter Hurdles					39" Boys	39" Boys
200 Meter Hurdles				30" Girls & Boys		
400 Meter Hurdles					30" G – 36" B	30" G – 36" B
4 x 100 Meter Relay	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
4 x 400 Meter Relay	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
4 x 800 Meter Relay			Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
Long Jump	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
Triple Jump				Girls & Boys	Girls & Boys	Girls & Boys
High Jump		Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys	Girls & Boys
Shot Put	2kg. G & B	6 lb. G & B	6 lb. G & B	G 6 lb – B 4k	G 4k – B 12 lb	G 4k – B 12 lb
Hammer Throw					G 4kg – B 12 lb	G 4 kg - B 12 lb
Discus			1K Girls & Boys	1K Girls & Boys	G 1k – B 1.6 k	G 1k – B 1.6k
Pole Vault				Girls & Boys	Girls & Boys	Girls & Boys
Mini-Javelin	300 Grams G & B	300 Grams G & B	300 Grams G & B			
Javelin				600 Grams	600 G – 800 B	600 G – 800 B
Triathlon		Girls & Boys				
Pentathlon			Girls & Boys	Girls & Boys		
Heptathlon					Girls	Girls
Decathlon					Boys	Boys

Regional Qualifiers

All athletes who have participated in a state Association J.O. championship meet may advance to the Region 11 Championships in Nampa, ID June 23-25. Only on-line registration at www.coacho.com will be accepted for the Association Championships. Make sure to confirm entry deadline for each specific Association J.O. meet. No paper forms or on-line entries will be taken after the prescribed deadline date for each championship.

National Qualifiers

Top five (5) finishers and relay teams, plus top two (2) multi-event athletes at the Region 11 J.O. Meet qualify for the National Championships in Wichita, KA. Additional multi-event athletes may qualify by meeting certain standards. Information for on-line registration and deadline dates for the National J.O. Championships will be available at the Region 11 venue. Make sure to verify you have qualified before leaving the Nampa, Idaho venue.