

AAU Region 13 Championship Event Schedule

Thursday

June 27, 2019

12:00pm	Heptathlon	100 m Hurdles, HJ, SP, 200	15-16G – 17-18G
12:30pm	Decathlon Day 1	100m, LJ, SP, HJ, 400m	15-16B -17-18B
1:15pm	Girls Triathlon	HJ, SP, 200	9-10G
1:15pm	Boys Triathlon	HJ, SP, 400	9-10B

Friday

June 28, 2019

11:00am	Decathlon	110H, Discus, PV, Jav, 1500	15-18B
11:00am	Heptathlon	LJ, Jav, 800	15-18G
11:30am	Girls Pentathlon	80H, HJ, SP, LJ, 800	11-12G
11:30am	Boys Pentathlon	80H, LJ, SP, HJ, 1500	11-12B
11:30pm	Girls Pentathlon	100H, HJ, SP, LJ, 800	13-14G
11:30pm	Boys Pentathlon	100H, LJ, SP, HJ, 1500	13-14B
3:00pm	2000m Steeplechase		15-18G&B
3:30pm	200m Dash Prelims		ALL
5:30pm	200m Hurdles		13-14G&B
5:45pm	400m Hurdles		15-18G&B
6:15pm	3000m Run		11-18G&B
Field Events			
5:00pm	Triple Jump	Youngest-Oldest (4 attempts)	13-18G&B
5:00pm	Javelin Throw	Youngest-Oldest (4 attempts)	13-18G&B

Saturday

June 29, 2019

9:00am	4X800m Relay		11-18G&B
9:45am	200m Dash Finals		ALL
10:15am	1500m Racewalk		9-12G&B
10:30am	3000m Racewalk		13-18G&B
11:15am	100m Dash Prelims		ALL
1:15pm	800m Run		ALL
3:00pm	4X100m Relay		ALL
Field Events			
9:00am	Shot Put	Youngest-Oldest (4 Attempts)	ALL
9:00am	Long Jump	Youngest-Oldest (4 Attempts)	13-18G&B
9:00am	High Jump	Oldest-Youngest	9-18G&B
9:00am	Pole Vault	Girls (Flight 1 9:00am/Flight 2 12:00pm)	13-18G

Sunday

June 30, 2019

9:00am	1500m Run Timed Finals		ALL
10:30am	400m Dash Timed Finals		ALL
12:30pm	80m Hurdle Finals	30" - 12m to 1st Hurdle - 7.5m Spacing	11-12G&B
12:45pm	100m Hurdle Finals	30" - 13m to 1st Hurdle - 8.0m Spacing	13-14G
1:00pm	100m Hurdle Finals	33" - 13m to 1st Hurdle - 8.5m Spacing	13-14B/15-18G
1:15pm	110m Hurdle Finals	39" - 13.72m to 1st Hurdle - 9.14m Spacing	15-18B
1:45pm	100m Dash Finals		ALL
2:15pm	4X400m Relay Finals		9-18G&B
Field Events			
9:00am	Pole Vault	Boys (Flight 1 9:00am/Flight 2 12:00pm)	13-18G&B
9:00am	Turbo Javelin	Oldest-Youngest	12 & Younger G&B
9:00am	Long Jump	Youngest-Oldest	12 & Younger G&B
9:00am	Discus	Youngest-Oldest	11-18G&B