

2023 USATF-NJ Junior Olympic Association Meet Schedule: 14 & Under

Sunday June 11th, Hub Stine Field Plainfield, NJ

Track Events: 9:00am Start

200M Hurdles Final: 13-14B, 13-14G

3000M Run Final: 11-12B, 11-12G, 13-14B, 13-14G

200M Dash Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G

4x800M Relay Final: 11-12B, 11-12G, 13-14B, 13-14G

3000M Race Walk Final: 13-14B, 13-14G

1500M Race Walk Final: 9-10B, 9-10G; 11-12B, 11-12G

4x100M Relay Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G

400M Dash Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G

1500M Run Final Boys: 7-8B, 9-10B, 11-12B, 13-14B

100M Dash Semi: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G

1500M Run Final Girls: 7-8G, 9-10G, 11-12G, 13-14G

80M Hurdle Final: 11-12B, 11-12G

100M Hurdle Final: 13-14G, 13-14B

800M Run Final Boys: 7-8B, 9-10B, 11-12B, 13-14B

800M Run Final Girls: 7-8G, 9-10G, 11-12G, 13-14G

100M Dash Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G

4x400M Relay Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G

Field Events: 9:00am Start (4 attempt rule)

Long Jump: 7-8B, 7-8G, 13-14B, 13-14G, 9-10B, 9-10G, 11-12B, 11-12G Boys Pit 1, Girls Pit 2

Triple Jump: 13-14B, 13-14G (following long jump)

300g Mini/Turbo Javelin: 7-8B, 7-8G, 9-10B, 9-10G (infield)

450g Finn Flier Javelin: 11-12B, 11-12G (lower field)

600g Metal Tip Javelin: 13-14B, 13-14G (lower field – following 11-12B, 11-12G)

Discus: 11-12G, 11-12B, 13-14G, 13-14B

Shot Put: 13-14B, 13-14G, 11-12B, 11-12G, 9-10B, 9-10G, 7-8B, 7-8G

High Jump: 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G