



**USATF Region 7 Junior Olympics Championships**  
 Benedictine University July 8, 9, 10 --- 2005



**SCHEDULE OF EVENTS**

Revised July 6, 2005

**Times are estimated start times for that event.**

Except where otherwise noted, the starting order shall be younger to older, girls first.

\* **Note:** Finals will be run in the PRELIM time slots if nine (9) or fewer athletes report to the clerk.

+ **Note:** Semis will be run in the PRELIM time slots if 63 or fewer athletes report to the clerk.

**Friday, July 8**

***Running Events***

3:00 pm	Steeplechase	F
3:20 pm	4x100	F
4:15 pm	4x800	F
4:55 pm	200	P * +

***Field Events***

3:00 pm	Javelin
3:00 pm	Pole Vault (Boys)
3:00 pm	Triple Jump (Girls)
3:00 pm	Long Jump (PG, BG)
3:00 pm	Hammer (Exhibition only)

**Saturday, July 9**

***Running Events***

7:00 am	5000	F
7:25 am	3000	F
9:00 am	100	P *
10:45 am	800	F
12:20 pm	100	F
1:05 pm	200H/400H	F
2:00 pm	200	S +

***Field Events***

9:00 am	Long Jump (MG, YG, IG, YW)
9:00 am	Triple Jump (Boys)
9:00 am	Shot Put (Boys)
9:00 am	Discus (Girls)
9:00 am	High Jump (Boys)
11:00 am	Pole Vault (Girls)

**Sunday, July 10**

***Running Events***

7:00 am	1500/3000/5000 RW	F
8:00 am	110H/100H/80H	P *
--- Ten Minute Break ---		
9:00 am	80H/100H/110H	F
9:30 am	400	F
11:45 am	1500	F
1:25 pm	200	F
1:55 pm	25/50/75 Shrimps & Atoms	
2:15 pm	4x400	F

***Field Events***

9:00 am	Long Jump (Boys)
9:00 am	Shot Put (Girls)
9:00 am	Discus (Boys)
9:00 am	High Jump (Girls)
9:00 am	Mini Javelin (BG, BB, MG, MB)

Key: P = Prelim  
 S = Semi-Final  
 F = Final  
 Shrimps = 3-4 y.o. (Exhibition only, no registration required)  
 Atoms = 5-6 y.o. (Exhibition only, no registration required)

**Advancement To Nationals**

The top three (3) in each event, including relays, conducted at the Regional Championships qualify to advance to the National Jr. Olympics Championships in Indianapolis on July 26 - 31, 2005. Qualifiers must sign up and pay Jr. Olympics National entry fees (\$8.00 per event / \$32.00 per relay) at the Jr. Olympics Regional site on July 8-9-10.

If one or more of the top qualifying athletes do not pay to advance to the national meet, anyone below 3rd place (i.e. 4th place), who breaks the national qualifying standard for that event qualifies to advance, in finishing order, until the 3 advancing positions are filled. Only 3 athletes or relay teams can advance in any event, regardless of how many athletes break the national qualifying standard.