



2022 AAU West Coast Junior Olympic Games Multi-Event Schedule Clark High School



Multi-Events will start at the designated time listed. It is recommended that you check in with your designated Multi-Event official at least 30 minutes before the time listed. Athletes not checked-in at their designated venue and start time will be scratched from the event. **PLEASE NOTE THAT THE ORDER OF EVENTS FOR MULTI-EVENTS ARE SUBJECT TO BE CONTESTED OUT OF ORDER TO PREVENT WAIT TIME OR DELAY.**

***Steeplechase will not be contested at the West Coast Junior Olympic Games**

Thursday – July 7, 2022 **(DAY 1) MORNING SESSION**

7:00 AM	15-16B / 17-18M	Decathlon – 100M, Long Jump #1, Shot Put High Jump #1, 400M
7:15 AM	15-16G / 17-18W	Heptathlon – 100M H, High Jump Shot Put, 200M
7:30 AM	11B / 12B	Pentathlon – 80M H, Shot Put #1, High Jump #1, Long Jump #2, 1500M
8:00 AM	11G / 12G	Pentathlon – 80MH, Shot Put #1, High Jump #1, Long Jump #2, 800M
9:00 AM	9B / 10B	Triathlon – Shot Put #1, High Jump #1, 400M
9:30 AM	9G / 10G	Triathlon – Shot Put #1, High Jump #1, 200M

Friday – July 8, 2022 **(DAY 2) MORNING SESSION**

7:00 AM	15-16B / 17-18W	Decathlon – 110MH, Discus, Pole Vault, Javelin, 1500M
7:15 AM	15-16G / 17-18W	Heptathlon – Long Jump #1, Javelin, 800M
7:30 AM	13B / 14B	Pentathlon – 100M H, Shot Put #1, High Jump #1, Long Jump #2, 1500M
8:00 AM	13G / 14G	Pentathlon – 100M H, Shot Put #1, High Jump #1, Long Jump #2, 800M



2022 AAU West Coast Junior Olympic Games Field Event Schedule Clark High School



All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event.

Long Jump, Triple Jump, Shot Put, and Discus will be contested with **four jumps or throws** and the top 8 in each age group will receive medals.

***Please note OPEN Javelin and OPEN Pole Vault is Friday Morning @ 8:00am**

***Triple Jump will be contested for all Age Groups on Friday Morning @ 9:00am.**

This is a rolling schedule

Thursday – July 7, 2022 **MORNING SESSION**

Time: 8:00am	Long Jump			
	17-18M/W			
	15-16B/G			
	14B/G			
	13B/G			

Thursday – July 7, 2022 **EVENING SESSION**

Time: 7:00pm	Long Jump	High Jump	Shot Put	Discus
	12B/12G	9B/10B	8B/8G	11B/11G
	11B/11G	9G/10G	9B/9G	12B/12G
	10B/10G	11B/12B	10B/10G	13B/G
	9B/9G	11G/12G	11B/11G	
	8B/8G			

Friday – July 8, 2022 **MORNING SESSION**

Time: 8:00am	Pole Vault	Javelin	Time: 9:00am	Triple Jump
	13G	13G		17-18M/W
	14G	13B		15-16B/G
	15G/16G	14G		14B/G
	17-18W	14B		13B/G
	13B	15G/16G		
	14B	15B/16 B		
	15B/16 B	17-18W		
	17-18 M	17-18 M		

Friday – July 8, 2022 **EVENING SESSION**

Time: 7:00pm	High Jump	Shot Put	Discus	Turbo Jav.	
	13G/14G	12B/12G	17-18M/W	8B/8G	

	13B/14B	13B/G	15-16B/G	9B/9G	
	15-16B/G	14B/G	14B/G	10B/10G	
	17-18M/W	15-16B/G		11B/11G	
		17-18M/W		12B/12G	



2022 AAU West Coast Junior Olympic Games Running Event Schedule Clark High School



All Running events will start at the designated time listed each day. After the initial event, your event may start as much as 30 minutes before the time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event.

This is a rolling schedule

Thursday – July 7, 2022 **EVENING SESSION**

7:00PM 400 Meter Run – SEMI-FINAL Starting with 13-Year-Old Boys – 17-18 Year Old

Friday – July 8, 2022 **EVENING SESSION**

7:00PM 400 Meter Dash – TIMED FINALS Starting with 8 Year Old Boys – 12 Year Old

400 Meter Run – FINALS Starting with 13-Year-Old Boys – 17-18 Year Old

Saturday – July 9, 2022 **MORNING SESSION**

7:00AM 1500 Meter Run – Starting with 8-Year-Old Boys – Age Groups may be combined by gender

80 / 100 / 110 Meter Hurdles – SEMI-FINAL - In the following order:

80 – 11G / 11B / 12G / 12B 100 – 13G/ 14G/ 13B / 14B / 15-16G / 17-18W 110 – 15-16B / 17-18M

100 Meter Dash – SEMI-FINAL – Starting with 8B – 17-18 Year Old – Top 8 times advance to Finals

Saturday – July 9, 2022 **EVENING SESSION**

7:00PM 1500 Meter Race-walk – All Age Groups Combined - 9 Year Olds – 12 Year Olds

200 Meter Dash – SEMI-FINAL – Starting with 8B – 17-18 Year Old (Top 8 times advance to Finals)

4 x 800 Meter Relay – Starting with 11&12B – 17-18 Year Old (Age Groups will be combined by gender)

Sunday – July 10, 2022 **MORNING SESSION**

7:00AM 3000 Meter Run – Starting with 11B – 17-18 Year Old (Age Groups may be combined by gender)

80 / 100 / 110 Meter Hurdles – FINALS - In the following order:

80 – 11G / 11B / 12G / 12B 100 – 13G/ 14G/ 13B / 14B / 15-16G / 17-18W 110 – 15-16B / 17-18M

100 Meter Dash – FINALS – Starting with 8B – 17-18 Year Old

800 Meter Run – Starting with 8B – 17-18 Year Old

4 x 100 Meter Relay – Starting with 8B – 17-18 Year Old

Sunday – July 10, 2022 **EVENING SESSION**

7:00PM 200 / 400 Meter Hurdles – TIMED FINALS - In the following order:

200H – 13G/ 13B/ 14G/ 14B 400H – 15-16G/17-18W/15-16B/17-18M

3000 Meter Race-walk – All Age Groups Combined – 13 Year Olds – 17-18 Year Olds

200 Meter Dash – FINALS - Starting with 8B

4 x 400 Meter Relay – Starting with 9&10B

- **NOTE: If there are not enough runners in Semi-Final, event will be run as a Final at that time.**
- **NOTE: Some distance races may be combined due to the number of participants.**

TENTATIVE