

OFFICIAL USATF JUNIOR OLYMPIC PROGRAM EVENTS 2019

ALL EVENTS INCLUDE BOYS' AND GIRLS' COMPETITION UNLESS OTHERWISE INDICATED

All athletes compete in their Division, based on the Year they were born, regardless of age at the time of competition.

7-8 DIVISION (Born in 2011-2012)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
Long Jump
Shot Put (2K)
Mini Javelin
4 X 100 Meter Relay
4 X 400 Meter Relay

9-10 DIVISION (Born 2009-2010)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
1500 Meter Race Walk
Long Jump
High Jump
Shot Put (6 lb)
Triathlon
Mini Javelin (300g)
4 X 100 Meter Relay
4 X 400 Meter Relay

11-12 DIVISION (Born 2007-2008)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
3000 Meter Run
1500 Meter Race Walk
80 Meter Hurdles (30")
Long Jump
High Jump
Shot Put (6 lb)
Discus (1.0 Kg)
Pentathlon
Aero Javelin (450g)
4 X 100 Meter Relay
4 X 400 Meter Relay
4 X 800 Meter Relay

13-14 DIVISION (Born 2005-2006)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
3000 Meter Run
3000 Meter Race Walk
100 Meter Hurdles (Boys/33")
100 Meter Hurdles (Girls/30")
200 Meter Hurdles (30")
Long Jump
Triple Jump
High Jump
Shot Put (Boys/4 Kg)
Shot Put (Girls/6 lb)
Discus (1.0 Kg)
Pole Vault
Javelin (600 g.)
Pentathlon
4 X 100 Meter Relay
4 X 400 Meter Relay
4 X 800 Meter Relay

15-16 DIVISION (Born 2003 -2004)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
2000 Meter Steeplechase
3000 Meter Run
3000 Meter Race Walk
110 Meter Hurdles (Boys/39")
100 Meter Hurdles (Girls/33")
400 Meter Hurdles (Boys/36")
400 Meter Hurdles (Girls/30")
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put (Boys/12 lb)
Shot Put (Girls/4.0 Kg)
Discus (Boys/1.6 Kg)
Discus (Girls/1.0 Kg)
Hammer (Boys/12 lb)(Girls/4.0 Kg)
Javelin (Boys/800 g.)
Javelin (Girls/600 g.)
Decathlon (Boys)
Heptathlon (Girls)
4 X 100 Meter Relay
4 X 400 Meter Relay
4 X 800 Meter Relay

17-19 DIVISION (Born 2001 -2002) (2000 if not 19 before July 28)

100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Run
1500 Meter Run
2000 Meter Steeplechase
3000 Meter Run
3000 Meter Race Walk
110 Meter Hurdles (Boys/39")
100 Meter Hurdles (Girls/33")
400 Meter Hurdles (Boys/36")
400 Meter Hurdles (Girls/30")
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put (Boys/12 lb)
Shot Put (Girls/4.0 Kg)
Discus (Boys/1.6 Kg)
Discus (Girls/1.0 Kg)
Hammer (Boys/12 lb)(Girls/4.0 Kg)
Javelin (Boys/800 g.)
Javelin (Girls/600 g.)
Decathlon (Boys)
Heptathlon (Girls)
4 X 100 Meter Relay
4 X 400 Meter Relay
4 X 800 Meter Relay

6 & Under (Born 2013 or later, also called Mini-Bantam)

Not recognized by USATF, but locally they will compete.

100 Meter Dash
200 Meter Dash
400 Meter Dash
Long Jump
4x100 Meter Relay

Multi-Events

9-10 DIVISION Triathlon

Girls	Shot Put High Jump 200 Meter Dash	Boys	Shot Put High Jump 400 Meter Dash
--------------	---	-------------	---

11-12 DIVISION Pentathlon

Girls	80 Meter Hurdles Shot Put High Jump Long Jump 800 Meter Run	Boys	80 Meter Hurdles Shot Put High Jump Long Jump 1500 Meter Run
--------------	---	-------------	--

13-14 DIVISION Pentathlon

Girls	100 Meter Hurdles Shot Put High Jump Long Jump 800 Meter Run	Boys	100 Meter Hurdles Shot Put High Jump Long Jump 1500 Meter Run
--------------	--	-------------	---

15-16 GIRLS and 17-18 WOMEN Heptathlon

First Day:	100m Hurdles High Jump Shot Put 200m Dash	Second Day:	Long Jump Javelin Throw 800m Run
-------------------	--	--------------------	--

15-16 BOYS and 17-18 MEN Decathlon

First Day:	100m Dash Long Jump Shot Put High Jump 400m Dash	Second Day:	100m Hurdles Discus Throw Pole Vault Javelin Throw 1500m Run
-------------------	--	--------------------	--