

**2023 AAU JUNIOR OLYMPIC GAMES
DRAKE UNIVERSITY, DES MOINES, IOWA
MULTI-EVENT/TRACK & FIELD MEET SCHEDULE**

YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE.

CLASSIFICATION

8&UG - 8 and under (2015 & After)	12B - 12 years old (2011)
8&UB - 8 and under (2015 & After)	13G - 13 years old (2010)
9G - 9 years old (2014)	13B - 13 years old (2010)
9B - 9 years old (2014)	14G - 14 years old (2009)
10G - 10 years old (2013)	14B - 14 years old (2009)
10B - 10 years old (2013)	15-16G - 15-16 years old (2007-2008)
11G - 11 years old (2012)	15-16B - 15-16 years old (2007-2008)
11B - 11 years old (2012)	17-18G - 17-18 years old (2005-2006)
12G - 12 years old (2011)	17-18B - 17-18 years old (2005-2006)

Q = Quarterfinals S = Semifinals F = Finals TF = Timed Final

**MULTI-EVENTS/RACEWALK
SATURDAY, JULY 29**

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	Decathlon 15-16B (Day 1)	100M, LJ, SP, HJ, 400M
8:15 AM	Pentathlon 13G (Finals)	100M Hurdles SP, HJ, LJ, 800M
8:30 AM	Pentathlon 13B (Finals)	100M Hurdles, SP, HJ, LJ, 1500M
9:00 AM	Decathlon 17-18B (Day 1)	100M, LJ, SP, HJ, 400M
10:30 AM	Heptathlon 15-16G (Day 1)	100M Hurdles, HJ, SP, 200M
10:45 AM	Heptathlon 17-18G (Day 1)	100M Hurdles, HJ, SP, 200M
11:00 AM	Pentathlon 14G (Finals)	100M Hurdles, SP, HJ, LJ, 800M
11:30 AM	Pentathlon 14B (Finals)	100M Hurdles, SP, HJ, LJ, 1500M
12:00 PM	1500M Racewalk (9G, 9B, 10G, 10B)	TF
2:00 PM	1500M Racewalk (11G, 11B, 12G, 12B)	TF

SUNDAY, JULY 30

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	Heptathlon 15-16G (Day 2)	LJ, Jav, 800M
	Heptathlon 17-18G (Day 2)	LJ, Jav, 800M
	Pentathlon 11G, 12G (Finals)	80M Hurdles, SP, HJ, LJ, 800M
	Triathlon 9B, 10B (Finals)	HJ, SP, 400M
8:15 AM	Pentathlon 11B, 12B (Finals)	80M Hurdles, SP, HJ, LJ, 1500M
8:30 AM	Decathlon 15-16B (Day 2)	110M Hurdles, D, PV, Jav, 1500M
9:30 AM	Decathlon 17-18B (Day 2)	110M Hurdles, D, PV, Jav, 1500M
	Triathlon 9G, 10G (Finals)	HJ, SP, 200M
12:00 PM	3000M Racewalk (13G, 13B, 14G, 14B)	TF
3:00 PM	3000M Racewalk (15-16G, 15-16B, 17-18G, 17-18B)	TF

- All events will be run in the order listed above. If there are changes, there will be a revised schedule at Athlete Check-in.
- The 15-16B and 17-18B Pole Vaulters will compete on separate pits. Starting height will be 8' and 8'6" respectively.
- All events will be contested approximately 30 minutes after the preceding event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready.

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES

EVENT SCHEDULE - TRACK & FIELD

MONDAY, JULY 31

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	3000M Run (11G, 11B, 12G, 12B)	TF
10:00 AM	400M Hurdles (15-16B, 17-18B, 15-16G, 17-18G)	SF
	200M Hurdles (13G, 13B, 14G, 14B)	SF
12:15 PM	800M Run (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G,17-18B)	SF
3:15 PM	200M Dash (All divisions except 17-18G, 17-18B)	QF
7:45 PM	200M Dash (DURING OPENING CEREMONIES) (17-18G, 17-18B)	QF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	14G	Pit 1
	Long Jump	14B	Pit 2
	Discus	13B	
	Shot Put	14G	Rings 1 & 2
	Shot Put	14B	Rings 3 & 4
	Javelin	13G	
9:00 AM	High Jump	15-16G	Pads 1, 2 & 3
	Pole Vault	13B	Pad 1
12:00 PM	High Jump	12B	Pads 1, 2 & 3
	Shot Put	9G	Rings 1 & 2
	Shot Put	9B	Rings 3 & 4
1:00 PM	Discus	11G	
	Javelin	15-16B	
	Long Jump	17-18G	Pit 1
	Long Jump	17-18B	Pit 2
	Pole Vault	14B	Pad 1
3:00 PM	High Jump	10G	Pad 1, 2 & 3
	Shot Put	8&UG	Rings 1 & 2
	Shot Put	8&UB	Rings 3 & 4

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES

EVENT SCHEDULE - TRACK & FIELD

TUESDAY, AUGUST 1

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	1500M Run (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	TF
11:00 AM	400M Hurdles (15-16B, 17-18B, 15-16G, 17-18G)	F
	200M Hurdles (13G, 13B, 14G, 14B)	F
11:30 AM	100M Dash (All Divisions)	QF
2:30 PM	400M Run (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	9G	Pit 1
	Long Jump	9B	Pit 2
	Discus	17-18G	
	Shot Put	10G	Rings 1 & 2
	Shot Put	10B	Rings 3 & 4
	Turbo Javelin	12B	
9:00 AM	High Jump	13B	Pads 1, 2 & 3
	Pole Vault	13G	Pad 1
12:00 PM	Discus	12G	
	High Jump	11B	Pads 1, 2 & 3
	Long Jump	12G	Pit 1
	Long Jump	12B	Pit 2
	Shot Put	11G	Rings 1 & 2
	Shot Put	15-16B	Rings 3 & 4
1:00 PM	Javelin	13B	
	Pole Vault	14G	Pad 1
3:00 PM	High Jump	9G	Pads 1, 2 & 3
	Shot Put	15-16G	Rings 1 & 2
	Shot Put	11B	Rings 3 & 4
	Discus	14B	
	Triple Jump	15-16G	Pit 1
	Triple Jump	15-16B	Pit 2

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES

EVENT SCHEDULE - TRACK & FIELD
WEDNESDAY, AUGUST 2

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	2000M Steeplechase (15-16G, 17-18G, 15-16B, 17-18B)	F
9:15 AM	800M Run (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	TF
12:45 PM	800M Run (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	F
1:15 PM	200M Dash (All Divisions)	SF
2:00 PM	80M Hurdles (11G, 11B, 12G, 12B)	SF
	100M Hurdles (13G, 14G, 13B, 14B, 15-16G, 17-18G)	SF
	110M Hurdles (15-16B, 17-18B)	SF
4:00 PM	4 x 400M Relay (9-10G, 9-10B, 11-12G, 11-12B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Triple Jump	14G	Pit 1
	Triple Jump	14B	Pit 2
	Discus	15-16B	
	Shot Put	13G	Rings 1 & 2
	Shot Put	17-18B	Rings 3 & 4
	Turbo Javelin	12G	
9:00 AM	High Jump	17-18B	Pads 1, 2 & 3
	Pole Vault	15-16G	Pad 1 (FLIGHT ONE- LOW PIT)
12:00 PM	Shot Put	17-18G	Rings 1 & 2
	Shot Put	13B	Rings 3 & 4
	High Jump	14G	Pads 1, 2 & 3
1:00 PM	Discus	14G	
	Triple Jump	17-18G	Pit 1
	Triple Jump	17-18B	Pit 2
	Javelin	14B	
	Pole Vault	15-16G	Pad 1 (FLIGHT TWO- HIGH PIT)
3:00 PM	High Jump	13G	Pads 1, 2 & 3
	Shot Put	12G	Rings 1 & 2
	Shot Put	12B	Rings 3 & 4

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES

EVENT SCHEDULE - TRACK & FIELD
THURSDAY, AUGUST 3

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	1500M Run (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)	TF
11:30 AM	80M Hurdles (11G, 11B, 12G, 12B)	F
	100M Hurdles (13G, 14G, 13B, 14B, 15-16G, 17-18G)	F
	110M Hurdles (15-16B, 17-18B)	F
12:15 PM	100M Dash (All Divisions)	SF
1:00 PM	4 x 400M Relay (13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING/PAD</i>
8:00 AM	Long Jump	13G	Pit 1
	Long Jump	13B	Pit 2
	Discus	17-18B	
	Javelin	15-16G	
	Turbo Javelin	9B	
9:00 AM	High Jump	17-18G	Pads 1, 2 & 3
	Pole Vault	15-16B	Pad 1 (FLIGHT ONE- LOW PIT)
12:00 PM	High Jump	12G	Pads 1, 2 & 3
1:00 PM	Long Jump	15-16G	Pit 1
	Long Jump	15-16B	Pit 2
	Discus	12B	
	Javelin	14G	
	Turbo Javelin	9G	
	Pole Vault	15-16B	Pad 1 (FLIGHT TWO- HIGH PIT)
3:00 PM	High Jump	10B	Pads 1, 2 & 3

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES

EVENT SCHEDULE - TRACK AND FIELD
FRIDAY, AUGUST 4

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	4 x 800M Relay (11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B)	TF
10:30 AM	200M Dash (ALL DIVISIONS)	F
11:15 AM	4 x 100M Relay (All Divisions)	SF
3:00 PM	400M Dash (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	SF

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	11B	Pit 1
	Long Jump	11G	Pit 2
	Discus	15-16G	
	Javelin	17-18B	
	Turbo Javelin	11B	
9:00 AM	High Jump	15-16B	Pads 1, 2 & 3
	Pole Vault	17-18G	Pad 1 (FLIGHT ONE- LOW PIT)
12:00 PM	High Jump	14B	Pads 1, 2 & 3
1:00 PM	Long Jump	10B	Pit 1
	Long Jump	10G	Pit 2
	Discus	13G	
	Javelin	17-18G	
	Turbo Javelin	8&UG	
	Pole Vault	17-18G	Pad 1 (FLIGHT TWO- HIGH PIT)
3:00 PM	High Jump	11G	Pads 1, 2 & 3

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES

EVENT SCHEDULE - TRACK AND FIELD SATURDAY, AUGUST 5

RUNNING EVENT SCHEDULE

<i>TIME</i>	<i>EVENT/AGE GROUP</i>	<i>RACE</i>
8:00 AM	3000M (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B)	TF
12:15 PM	4 x 100M Relay (All Divisions)	F
1:00 PM	AAU Coach of the Year Award AAU Club of the Year Award	
1:15 PM	400M Dash (All Divisions)	F
2:00 PM	AAU Special Recognition	
2:15 PM	100M Dash (All Divisions)	F
2:45 PM	AAU Joel Ferrell Award Recognition	
3:15 PM	4 x 400M Relay (9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B)	F

FIELD EVENT SCHEDULE

<i>TIME</i>	<i>EVENT</i>	<i>AGE GROUP</i>	<i>PIT/RING #</i>
8:00 AM	Long Jump	8&UB	Pit 1
	Long Jump	8&UG	Pit 2
	Discus	11B	
	Turbo Javelin	10B	
	Turbo Javelin	8&UB	
9:00 AM	High Jump	9B	Pads 1, 2 & 3
	Pole Vault	17-18B	Pad 1 (FLIGHT ONE- LOW PIT)
12:00 PM	Turbo Javelin	11G	
	Turbo Javelin	10G	
	Triple Jump	13G	Pit 1
	Triple Jump	13B	Pit 2
	Pole Vault	17-18B	Pad 1 (FLIGHT TWO- HIGH PIT)

FINAL SCHEDULE AS OF 7/24/2023- NO CHANGES