

**AZUSA JR. OLYMPICS
MIDDLE SCHOOL ORDER OF EVENTS**

**SATURDAY MARCH 25.2023
GLADSTONE HIGH SCHOOL**

1:00 PM -2:00 PM	Chick-fil-A Lunch Break for Staff & Volunteers (Check in w/ Jazmine)
1:00 PM	Athletes to Check in with Coach/School Team/Warm-ups
1:30 PM	Middle School Coach Meeting- Jazmine will lead
2:00 PM	Opening Ceremonies / Final Remarks for Middle School Goodbye
2:00 PM	First/Second Call 1st Event

ALL TIMES ARE APPROXIMATE. PLEASE LISTEN FOR YOUR EVENT.

GIRLS TRACK EVENTS AND BOYS FIELD EVENTS GO ON SIMULTANEOUSLY IN THE FIRST HALF OF MEET AND VICE VERSA IN THE SECOND HALF OF THE MEET.

2:10 PM	DIVISION 10	GIRLS 1600 METER RUN
	DIVISION 09	GIRLS 1600 METER RUN
	DIVISION 10	BOYS 1600 METER RUN
	DIVISION 09	BOYS 1600 METER RUN

2:30 PM	DIVISION 10	GIRLS 400 METER RUN (TIME BASED)
	DIVISION 09	GIRLS 400 METER RUN (TIME BASED)
	DIVISION 10	GIRLS 200 METER DASH (TIME BASED)
	DIVISION 09	GIRLS 200 METER DASH (TIME BASED)
	DIVISION 10	GIRLS 100 METER DASH HEAT/FINAL
	DIVISION 09	GIRLS 100 METER DASH HEAT/FINAL

3:30 PM	DIVISION 10	BOYS 400 METER RUN (TIME BASED)
	DIVISION 09	BOYS 400 METER RUN (TIME BASED)
	DIVISION 10	BOYS 200 METER DASH (TIME BASED)
	DIVISION 09	BOYS 200 METER DASH (TIME BASED)
	DIVISION 10	BOYS 100 METER DASH HEAT/FINAL
	DIVISION 09	BOYS 100 METER DASH HEAT/FINAL

	DIVISION 10	GIRLS 4X100 METER RELAY
	DIVISION 09	GIRLS 4X100 METER RELAY
	DIVISION 10	BOYS 4X100 METER RELAY
	DIVISION 09	BOYS 4X100 METER RELAY

FIELD EVENTS

2:30 PM	DIVISION 10	BOYS LONG JUMP
	DIVISION 09	BOYS LONG JUMP
	DIVISION 10	BOYS SOFTBALL THROW
	DIVISION 09	BOYS SOFTBALL THROW
3:30 PM	DIVISION 10	GIRLS LONG JUMP
	DIVISION 09	GIRLS LONG JUMP
	DIVISION 10	GIRLS SOFTBALL THROW
	DIVISION 09	GIRLS SOFTBALL THROW

General Rules

1. No Starting Blocks
2. A runner committing two false starts will be disqualified
3. Field Events- Softball Throw 3 throws, Long Jump 3 jumps
4. Participants division is determined by his/her year born
5. All participants must be in the stands and with coaches at all times.
6. Shoes must be worn. No spikes, cleats, or shoes with removable cleats/spikes. Waffle type shoes will be permitted.