

**2015 AAU NORTH CAROLINA (AREA 25) REGIONAL QUALIFIER
MULTI-EVENTS/TRACK & FIELD MEET SCHEDULE**

FINAL MEET SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE ON JUNE 28, 2015

THURSDAY, JULY 2, 2015

<u>TIME</u>	<u>EVENT/AGE GROUP</u>		<u>RACE</u>
1:00 PM	DECATHLON TRIATHLON	IB (DAY 1) SBB, BB (FINALIS)	100M, LJ, SP, HJ, 400M HJ, SP, 400M
1:30 PM	DECATHLON TRIATHLON	YM (DAY 1) SBG, BG (FINALIS)	100M, LJ, SP, HJ, 400M HJ, SP, 200M
1:00 PM	HEPTATHLON	IG (DAY 1)	100M H, HJ, SP, 200M
1:30 PM	HEPTATHLON	YW (DAY 1)	100M H, HJ, SP, 200M

FRIDAY, JULY 3, 2015

<u>TIME</u>	<u>EVENT/AGE GROUP</u>		<u>RACE</u>
9:00 AM	DECATHLON HEPTATHLON	IB (DAY 2) IG (DAY 2)	110M H, DT, PV, JAV, 1500M LJ, JAV, 800M
9:30 AM	DECATHLON HEPTATHLON	YM (DAY 2) YW (DAY 2)	110M H, DT, PV, JAV, 1500M LJ, JAV, 800M
9:00 AM	PENTATHLON	SYG/YG (FINALIS)	100M H, LJ, SP, HJ, 800M
9:15 AM	PENTATHLON	SMG/MG (FINALIS)	80M H, HJ, SP, LJ, 800M
9:30 AM	PENTATHLON	SYB/YB (FINALIS)	100M H, LJ, SP, HJ, 1500M
9:45 AM	PENTATHLON	SMB/MB (FINALIS)	80M H, HJ, SP, LJ, 1500M

*** ALL EVENTS WILL BE CONTESTED APPROXIMATELY 30 MINUTES AFTER THE PRECEDING EVENT IS COMPLETED. THE 30 MINUTE REST PERIODS WILL INCLUDE REST, FOOD, MEASURING STEPS, AND WARM-UP.**

*** ATHLETES COMPETING IN BOTH MULT-EVENT COMPETITION AND TRACK & FIELD COMPETITION WILL BE ISSUED ONLY ONE RACE NUMBER FOR BOTH COMPETITIONS.**

1:00 PM	1500M RACE WALK (SBG, SBB, BG, BB, SMG, SMB, MG, MB)	FINALS
	3000M RACE WALK SYG, SYB, YG, YB, IG, IB, YW, YM)	FINALS
4:00 PM	4 X 800M RELAY (MG, MB, YG, YB, IG, IB, YW, YM)	FINALS
6:00PM	200M DASH (ALL DIVISIONS)	SEMI FINALS

SATURDAY, JULY 4, 2015

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	<u>RACE</u>
8:00 AM	3000M RUN (SMG,SMB,MB,MB,SYG,SYB,YG,YG,IG,IB,YW,YM)	FINALS
	80M HURDLES (SMB, SMB, MB, MB)	SEMI FINALS
	100M HURDLES (SYB, YG, SYB, YB, IG, YW)	
	110M HURDLES (IB, YM)	
	100M DASH (ALL DIVISIONS)	SEMI FINALS
	800M RUN (ALL DIVISIONS)	FINALS
	200M HURDLES (SYG, SYB, YG, YB)	FINALS
	400M HURDLES (IG, YW, IB, YM)	
	400M DASH (ALL DIVISIONS)	FINALS
	4 X 100M RELAY (ALL DIVISIONS)	SEMI FINALS

FIELD EVENTS

TIME	EVENT	AGE	TIME	EVENT	AGE
8:00 AM	HIGH JUMP	SMG/MG		HIGH JUMP	SYG/YG
	LONG JUMP	PG/PB		LONG JUMP	SYB/YB
	LONG JUMP	SMG/MB		SHOT PUT	SMG/MG
	SHOT PUT	IG/YW		JAVELIN	IB/YM
	DISCUS	IB/YM		POLE VAULT	IG/YW
	HIGH JUMP	IG/YW		HIGH JUMP	SBG/BG
	LONG JUMP	SBG/BG		LONG JUMP	IB/YM
	SHOT PUT	SBB/BB		SHOT PUT	SMB/MB
	DISCUS	SMB/MB		JAVELIN	SYG/YG
	LONG JUMP	IG/YW		POLE VAULT	IB/YM
	HIGH JUMP	SBB/BB		LONG JUMP	SBB/BB/SYG/YG
	LONG JUMP	SMB/MB		JAVELIN	SYB/YB
	DISCUS	SYB/YB		POLE VAULT	SYB/YB
	POLE VAULT	SYB/YG			

SUNDAY, JULY 5, 2015

<u>TIME</u>	<u>EVENT/AGE GROUP</u>	<u>RACE</u>
9:00 AM	1500M RUN (ALL DIVISIONS EXCEPT PRIMARY)	FINALS
	200M DASH (ALL DIVISIONS)	FINALS
	80M HURDLES (SMB, SMB, MB, MB)	FINALS
	100M HURDLES (SYB, YG, SYB, YB, IG, YW)	FINALS
	110M HURDLES (IB, YM)	FINALS
	4 X 100M RELAY (ALL DIVISIONS)	FINALS
	400M DASH (ALL DIVISIONS)	FINALS
	100M DASH (ALL DIVISIONS)	FINALS
	200M HURDLES (SYG, SYB, YG, YB)	FINALS
	400M HURDLES (IG, YW, IB, YM)	FINALS
	4 X 400M RELAY (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)	FINALS

FIELD EVENTS

TIME	EVENT	AGE	TIME	EVENT	AGE	
9:00 AM	HIGH JUMP	SYB/YB		TRIPLE JUMP	SYB/YB	
	DISCUS	SYG/YG		HIGH JUMP	SMB/MB	
				SHOT PUT	IB/YM	
	SHOT PUT	SYB/YB		DISCUS	SMG/MG	
				TRIPLE JUMP	IB/YM	
	TRIPLE JUMP	SYG/YG				
	HIGH JUMP	IB/YM		JAVELIN	IG/YW	
	SHOT PUT	PG/PB		SHOT PUT	SYG/YG	
	DISCUS	IG/YW		TRIPLE JUMP	IG/YW	

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