



Junior Olympics Events by Age

8 and Under	100 200 400 800 1500 Long Jump Shot Put Javelin 4x100 Relay 4x400 Relay
9-10	100 200 400 800 1500 1500 Race Walk High Jump Long Jump Shot Put Javelin 4x100 Relay 4x400 Relay Triathlon (Shot Put, High Jump, 200 girls/400 boys)
11-12	100 200 400 800 1500 3000 80m hurdles 1500 Race Walk High Jump Long Jump Shot Put Javelin Discus 4x100 Relay 4x400 Relay 4x800 Relay Pentathlon (80 m Hurdles, Shot Put, High Jump, Long Jump, 800 girls/1500 boys)





Valley Flash Track Club

13-14	100 200 400 800 1500 3000 300 Race Walk 100m Hurdles 200m Hurdles 3000 Race Walk Pole Vault Triple Jump High Jump Long Jump Shot Put Javelin Discus 4x100 Relay 4x400 Relay 4x800 Relay Pentathlon (100 m Hurdles, Shot Put, High Jump, Long Jump, 800 girls/1500 boys)
15-16 & 17-18	100 200 400 800 1500 3000 110m Hurdles 400m Hurdles 2000m Steeplechase 3000m Race Walk 5000m Race Walk Pole Vault Triple Jump High Jump Long Jump Shot Put Javelin Discus Hammer Throw 4x100 Relay 4x400 Relay 4x800 Relay Decathlon (boys only): 100m, Long Jump, Shot Put, High Jump, 400 m, 110m Hurdles, Discus, Pole Vault, Javelin, 1500m Heptathlon (girls only): 100m Hurdles, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m

