

2026 Lake Erie Association JO Schedule

Running Events start at 9 am – rolling schedule

3000m run- 13 and up

110m Hurdles- Finals

100m Hurdles- Finals/pentathlon 13-14

80m Hurdles- Finals/pentathlon 11-12

100m Dash- All ages Finals

1500m Run- All ages

4x100m Relay

400m dash-All ages

200m Hurdles and 400m hurdles

800m Run-All ages

2000 Steeplechase

200m Dash- All ages

4x400M Relay

Pentathlon after Long Jump (800-1500)

Field events start at 9am- rolling start

Shot put- female youngest to oldest- Go to Discus after males are done/ Ambulatory will complete now/ pentathlon after Hurdles

Discus- males oldest to youngest- Go to Shot put after females are done/ Ambulatory will complete now

Seated throws will contest shot put, Discus.

Javelin for everybody after all other throws

Hammer after Javelin

Pole Vault then High Jump- males oldest to youngest then females oldest to youngest/ pentathlon HJ after Shot Put

Long Jump- open pit 4 jumps pit closes at 10:30am (all long jumpers must report at 9:00am)/pentathlon after High Jump/ then Triple Jump open pit 4 jumps