



<https://athleticsia.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

THURSDAY DAY#1

Time	Event	Round
9:45 am	Girls 17 & Under Javelin Throw Under 18	Finals
9:45 am	Girls 17 & Under Long Jump Under 18	Finals
10:15 am	Men 20+ 100 Meter Dash SENIOR Qualification	Prelims
10:40 am	Girls 17 & Under 400 Meter Hurdles Under 18	Prelims
10:45 am	Boys 17 & Under Javelin Throw Under 18	Finals
10:55 am	Girls 19 & Under 400 Meter Hurdles Under 20	Prelims
11:10 am	Boys 17 & Under 400 Meter Hurdles Under 18	Prelims
11:30 am	Boys 19 & Under 400 Meter Hurdles Under 20	Prelims
11:45 am	PRESENTATION	
12 Noon	BREAK	
2:00 pm	Girls 19 & Under Javelin Throw Under 20	Finals
2:01 pm	Girls 17 & Under 800 Meter Run Under 18	Prelims
2:15 pm	Boys 17 & Under 800 Meter Run Under 18	Prelims
2:30 pm	Girls 19 & Under 800 Meter Run Under 20	Prelims
2:45 pm	Boys 19 & Under 800 Meter Run Under 20	Prelims
2:47 pm	Girls 19 & Under Triple Jump Under 20	Finals
3:00 pm	Women 20+ 800 Meter Run SENIOR	Prelims
3:15 pm	Men 20+ 800 Meter Run SENIOR	Prelims
3:30 pm	Girls 19 & Under Discus Throw Under 20	Finals
4:00 pm	Men 20+ 5000 Meter Run SENIOR	Finals
4:01 pm	Women 20+ Long Jump SENIORS	Finals
4:30 pm	PRESENTATION	
4:40 pm	Women 20+ 400 Meter Hurdles SENIOR	Prelims
4:55 pm	Men 20+ 400 Meter Hurdles SENIOR	Prelims
6:00 pm	Girls 17 & Under 100 Meter Dash Under 18	Prelims
6:20 pm	Boys 17 & Under 100 Meter Dash Under 18	Prelims
6:40 pm	Girls 19 & Under 100 Meter Dash Under 20	Prelims



<https://athleticsia.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

THURSDAY DAY#1

Time	Event	Round
7:00 pm	Women 20+ High Jump SENIOR	Finals
7:02 pm	PRESENTATION	
7:20 pm	Boys 19 & Under 100 Meter Dash Unser 20	Prelims
7:40 pm	Women 20+ 100 Meter Dash SENIOR	Prelims
8:00 pm	Men 20+ 100 Meter Dash SENIOR	Prelims
8:20 pm	PRESENTATION	



<https://athleticsja.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

FRIDAY DAY #2

TIME	EVENT	ROUND
9:45 am	Girls 17 & Under Triple Jump Under 18	Finals
9:46 am	Girls 17 & Under Discus Throw Under 18	Finals
9:47 am	Boys 17 & Under Shot Put Under 18	Finals
9:48 am	Girls 17 & Under High Jump Under 18	Finals
10:20 am	Girls 17 & Under 400 Meter Dash Under 18	Prelims
10:30 am	Boys 17 & Under 400 Meter Dash Under 18	Prelims
10:45 am	Boys 17 & Under Long Jump Under 18	Finals
10:50 am	Girls 19 & Under 400 Meter Dash Under 20	Prelims
11:05 am	Boys 19 & Under 400 Meter Under 20	Prelims
12:05 pm	PRESENTATION	
	BREAK	
2:00 pm	Boys 19 & Under Long Jump Under 20	Finals
2:02 pm	Boys 19 & Under Shot Put Under 20	Finals
2:50 pm	PRESENTATION	
3:04 pm	Men 20+ High Jump SENIOR	Finals
3:43 pm	Girls 19 & Under Long Jump Under 20	Finals
3:45 pm	Girls 17 & Under 100 Meter Dash Under 18	Semis
4:10 pm	Boys 17 & Under 100 Meter Dash Under 18	Semis
4:25 pm	Girls 19 & Under 100 Meter Dash Under 20	Semis
4:40 pm	Boys 19 & Under 100 Meter Dash Under 20	Semis
4:55 pm	Women 20+ 100 Meter Dash SENIOR	Semis
5:10 pm	Men 20+ 100 Meter Dash SENIOR	Semis
5:25 pm	PRESENTATION	
5:40 pm	Girls 17 & Under 1500 Meter Run Under 18	Finals
5:48 pm	Boys 17 & Under 1500 Meter Run Under 18	Finals
5:55 pm	Girls 19 & Under 1500 Meter Run Under 20	Finals
6:02 pm	Boys 19 & Under 1500 Meter Run Under 20	Finals



<https://athleticsja.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

FRIDAY DAY #2

TIME	EVENT	ROUND
6:08 pm	Girls 19 & Under Shot Put Under 20	Finals
6:17 pm	Women 20+ 1500 Meter Run SENIOR	Finals
6:25 pm	Men 20+ 1500 Meter Run SENIOR	Finals
6:30 pm	PRESENTATION	
6:50 pm	Opening Ceremony	
7:10 pm	Women 20+ Discus Throw SENIOR	Finals
7:13 pm	Girls 17 & Under 400 Meter Hurdles Under 18	Finals
7:20 pm	Girls 19 & Under 400 Meter Hurdles Under 20	Finals
7:27 pm	Boys 17 & Under 400 Meter Hurdles Under 18	Finals
7:34 pm	Boys 19 & Under 400 Meter Hurdles Under 20	Finals
7:41 pm	Women 20+ 400 Meter Hurdles SENIOR	Finals
7:51 pm	Men 20+ 400 Meter Hurdles SENIOR	Finals
7:54 pm	PRESENTATION	
8:14 pm	Girls 17 & Under 100 Meters Dash Under 18	Finals
8:24 pm	Boys 17 & Under 100 Meter Dash Under 18	Finals
8:26 pm	PRESENTATION	
8:31 pm	Girls 19 & Under 100 Meter Dash Under 20	Finals
8:33 pm	PRESENTATION	
8:38 pm	Boys 19 & Under 100 Meter Dash Under 20	Finals
8:41 pm	PRESENTATION	
8:45 pm	Women 20+ 100 Meter Dash SENIOR	Finals
8:47 pm	PRESENTATION	
8:53 pm	Men 20+ 100 Meter Dash SENIOR	Finals
8:58 pm	PRESENTATION	
9:08 pm	Men 20+ 400 Meter Dash SENIOR	Heats



<https://athleticsia.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

SATURDAY DAY #3

Time	Event	Round
9:45 am	Boys 17 & Under Discus Throw Under 18	Finals
9:46 am	Boys 17 & Under Triple Jump Under 18	Finals
10:30 am	Men 20+ 200 Meter Dash SENIOR	Prelims
11:20 am	PRESENTATION	
12 Noon	BREAK	
3:00 pm	Boys 17 & Under Pole Vault Under 18	Finals
3:01 pm	Boys 19 & Under Pole Vault Under 20	Finals
3:02 pm	Men 20+ Pole Vault SENIOR	Finals
3:05 pm	Boys 19 & Under Discus Throw Under 20	Finals
3:06 pm	Girls 17 & Under 400 Meter Dash Under 18	Semis
3:21 pm	Boys 17 & Under 400 Meter Dash Under 18	Semis
3:36 pm	Girls 19 & Under 400 Meter Dash Under 20	Semis
3:56 pm	Boys 19 & Under 400 Meter Dash Under 20	Semis
4:05 pm	PRESENTATION	
4:12 pm	Women 20+ Triple Jump SENIOR	Finals
4:17 pm	Men 20+ Discus Throw SENIOR	Finals
4:19 pm	Girls 19 & Under High Jump Under 20	Finals
4:22 pm	PRESENTATION	
4:32 pm	Women 20+ Shot Put SENIOR	Finals
4:35 pm	Girls 17 & Under 200 Meter Dash Under 18	Prelims
4:55 pm	Boys 17 & Under 200 Meter Dash Under 18	Prelims
5:15 pm	Girls 19 & Under 200 Meter Dash Under 20	Prelims
5:35 pm	Boys 19 & Under High Jump Under 20	Finals
5:40 pm	Boys 19 & Under 200 Meter Dash Under 20	Prelims
5:45 pm	Men 20+ Long Jump SENIOR	Finals
6:00 pm	Women 20+ 200 Meter Dash SENIOR	Prelims
6:20 pm	Men 20+ 200 Meter Dash SENIOR	Semis
6:40 pm	PRESENTATION	
7:00 pm	PRESENTATION	



<https://athleticsia.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

SATURDAY DAY #3

Time	Event	Round
7:15 pm	Boys 19 & Under 2000 Meter Steeplechase Under 20	Finals
7:40 pm	Women 20+ 100 Meter Hurdles SENIOR	Prelims
8:00 pm	Men 20+ 110 Meter Hurdles SENIOR	Prelims
8:20 pm	Women 20+ 400 Meter Dash SENIOR	Semis
8:40 pm	Men 20+ 400 Meter Dash SENIOR	Semis



<https://athleticsia.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

SUNDAY DAY #4

Time	Event	Round
9:15 am	Girls 17 & Under 100 Meter Hurdles Under 18	Prelims
9:30 am	Boys 17 & Under High Jump Under 18	Finals
9:32 am	Women 20+ Hammer Throw SENIOR	Finals
9:30 am	Girls 19 & Under 100 Meter Hurdles Under 20	Prelims
9:38 am	Girls 17 & Under Shot Put Under 18	Finals
9:50 am	Boys 17 & Under 110 Meter Hurdles Under 18	Prelims
10:05 am	Boys 19 & Under 110 Meter Hurdles Under 20	Prelims
10:40 am	Men 20+ Hammer Throw SENIOR	Finals
10:50 am	PRESENTATION	
11:20 am	BREAK	
4:00 pm	Men 20+ Triple Jump SENIOR	Finals
4:06 pm	PRESENTATION	
4:18 pm	Girls 17 & Under 800 Meter Run Under 18	Finals
4:25 pm	Boys 17 & Under 800 Meter Run Under 18	Finals
4:31 pm	Girls 19 & Under 800 Meter Run Under 20	Finals
4:38 pm	Boys 19 & Under 800 Meter Run Under 20	Finals
4:45 pm	Women 20+ 800 Meter Run SENIOR	Finals
4:52 pm	Men 20+ 800 Meter Run SENIOR	Finals
4:55 pm	Boys 19 & Under Javelin Throw Under 20	Finals
4:56 pm	Men 20+ Javelin Throw SENIOR	Finals
4:57 pm	PRESENTATION	
5:09 pm	Girls 17 & Under 400 Meter Dash Under 18	Finals
5:10 pm	PRESENTATION	
5:16 pm	Boys 17 & Under 400 Meter Dash Under 18	Finals
5:19 pm	PRESENTATION	
5:23 pm	Girls 19 & Under 400 Meter Dash Under 20	Finals
5:26 pm	PRESENTATION	



<https://athleticsja.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

SUNDAY DAY #4

Time	Event	Round
5:30 pm	Men 20+ Shot Put SENIOR	Finals
5:32 pm	Boys 19 & Under 400 Meter Dash Under 20	Finals
5:37 pm	Women 20+ 400 Meter Dash SENIOR	Finals
5:44 pm	Men 20+ 400 Meter Dash SENIOR	Finals
5:47 pm	PRESENTATION	
6:00 pm	Boys 19 & Under Triple Jump Under 20	Finals
6:01 pm	Girls 17 & Under 100 Meter Hurdles Under 18	Finals
6:03 pm	PRESENTATION	
6:07 pm	Girls 19 & Under 100 Meter Hurdles Under 20	Finals
6:09 pm	PRESENTATION	
6:12 pm	Women 20+ 100 Meter Hurdles SENIOR	Finals
6:09 pm	PRESENTATION	
6:22 pm	Boys 17 & Under 110 Meter Hurdles Under 18	Finals
6:24 pm	PRESENTATION	
6:27 pm	Boys 19 & Under 110 Meter Hurdles Under 20	Finals
6:30 pm	Women 20+ Javelin Throw SENIOR	Finals
6:34 pm	Men 20+ 110 Meter Hurdles SENIOR	Finals
6:35 pm	PRESENTATION	
6:50 pm	Men 20+ 3000 Meter SteepleChase SENIOR	Finals
7:10 pm	Girls 17 & Under 200 Meter Dash Under 18	Finals
7:12 pm	PRESENTATION	
7:17 pm	Boys 17 & Under 200 Meter Dash Under 18	Finals
7:20 pm	PRESENTATION	
7:24 pm	Girls 19 & Under 200 Meter Dash Under 20	Finals
7:31 pm	Boys 19 & Under 200 Meter Dash Under 20	Finals
7:38 pm	Women 20+ 200 Meter Dash SENIOR	Finals
7:40 pm	PRESENTATION	



<https://athleticsja.org/jaaa-social-media/>

JAAA/PUMA/MCGES NATIONAL JUNIOR & SENIOR CHAMPIONSHIPS

JULY 6 - 9, 2023 | National Stadium

SUNDAY DAY #4

Time	Event	Round
7:45 pm	Men 20+ 200 Meter Dash SENIOR	Finals
7:50 pm	PRESENTATION	

