

James-Woods

Developmental Meet

(formerly Charlotte Flights Developmental)

Saturday
May 3, 2025
9:00am

\$20.00 entry fee per athlete

UNC Charlotte
9201 University City Blvd.
Charlotte, NC

www.athletic.net for athlete entries

For more information, contact

log on to *www.charlotteflights.org*

Meet Director: Nigel Orr



	6&Under		7 – 8		9 – 10		11 – 12		13 – 14		15 - 18	
EVENTS	G	B	G	B	G	B	G	B	G	B	G	B
100	X	X	X	X	X	X	X	X	X	X	X	X
200	X	X	-	-	-	-	-	-	-	-	-	-
400	-	-	X	X	X	X	X	X	X	X	X	X
800	-	-	X	X	X	X	X	X	X	X	X	X
HH	-	-	-	-	-	-	80/30	80/30	100/30	100/33	100/33	110/39
4x100	-	-	X	X	X	X	X	X	X	X	X	X
LJ	-	-	X	X	X	X	X	X	X	X	X	X
TJ	-	-	-	-	-	-	-	-	X	X	X	X
HJ*	-	-	-	-	3'0"	3'2"	3'4"	3'10'	4'0"	4'6"	4'4"	5'6"
SP	-	-	6lb	6lb	6lb	6lb	6lb	6lb	6lb	4kg	4kg	12lb
Javelin/ Aero/ Mini Javelin	-	-	X	X	X	X	X	X	X	X	X	X
DISCUS	-	-	-	-	-	-	1kg	1kg	1kg	1kg	1kg	1.6kg

X EVENT OFFERED IN AGE DIVISION

* STARTING HEIGHT IN HIGH JUMP SHOWN

SCHEDULE OF EVENTS

RUNNING EVENTS:

Saturday; May 3, 2025

9:00am

800M

80M/100M/110M Hurdles (Finals)

100M Dash (Finals)

200 (6&under only) (Finals)

400M Dash (Finals)

4x100M Relay (Finals)

6&Under

7 – 8

9 – 10

11 – 12

13 – 14

15 – 18

2019 & after

2018 – 2017

2016 – 2015

2014 – 2013

2012 – 2011

2010 – 2009

Athletes who are eighteen (18) years of age through the final day of the National Track & Field Championships shall be eligible to compete in the meet.

FIELD EVENTS:

Saturday; May 3, 2025

9:00am

Long Jump 7-8, 9-10, 11-12, 13-14, 15-18

Triple Jump 13-14, 15-18

Javelin 13-14, 15-18

Aero/Mini 7-8, 9-10, 11-12

High Jump 15-18, 13-14, 11-12, 9-10

Shot Put 7-8, 9-10, 11-12, 13-14, 15-18

Discus 15-18, 13-14, 11-12

In all field events, each competitor will be allowed three (3) attempts. **There will be no finals.**

In all field events, boys will follow girls.

**IN ALL FIELD EVENTS, EACH COMPETITOR WILL BE ALLOWED 3 ATTEMPTS.
THERE WILL BE NO FINALS.**