

# *James-Woods*

## *Developmental Meet*

*(formerly Charlotte Flights Developmental)*

*Saturday*  
*May 2, 2026*  
*9:00am*

*\$20.00 entry fee per athlete*

*UNC Charlotte*  
*9201 University City Blvd.*  
*Charlotte, NC*

*[www.athletic.net](http://www.athletic.net) for athlete entries*

*For more information, contact*

log on to [www.charlotteflights.org](http://www.charlotteflights.org)

*Meet Director: Nigel Orr*



EVENTS	6&Under		7 – 8		9 – 10		11 – 12		13 – 14		15 - 18	
	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	100/36	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 2, 2026**

9:00am  
800M  
80M/100M/110M Hurdles (Finals)  
100M Dash (Finals)  
200 (6&under only) (Finals)  
400M Dash (Finals)  
4x100M Relay (Finals)

<b>6&amp;Under</b>	<b>2020 &amp; after</b>
<b>7 – 8</b>	<b>2019 – 2018</b>
<b>9 – 10</b>	<b>2017 – 2016</b>
<b>11 – 12</b>	<b>2015 – 2014</b>
<b>13 – 14</b>	<b>2013 – 2012</b>
<b>15 – 18</b>	<b>2011 – 2008</b>

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 2, 2026**

**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.**