

**(formerly Charlotte Flights  
Developmental meet)**



# **JAMES-WOODS DEVELOPMENTAL MEET**

**Saturday, May 2nd, 2026  
9:00 a.m.**

***\$20.00 entry fee per athlete***

***www.athletic.net for athlete  
entries***

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

***For more information, contact us***

***Meet Director: Nigel Orr***

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

# SCHEDULE OF EVENTS

## RUNNING EVENTS:

<i>Saturday; May 2, 2026</i>	<i>6&amp;Under</i>	<i>2020 &amp; after</i>
<i>9:00am</i>	<i>7 - 8</i>	<i>2018 - 2019</i>
<i>800M</i>	<i>9 - 10</i>	<i>2016 - 2017</i>
<i>80M/100M/110M Hurdles (Finals)</i>	<i>11 - 12</i>	<i>2014 - 2015</i>
<i>100M Dash (Finals)</i>	<i>13 - 14</i>	<i>2012 - 2013</i>
<i>200 (6&amp;under only) (Finals)</i>	<i>15 - 18</i>	<i>2008 - 2011</i>
<i>400M Dash (Finals)</i>		
<i>4x100M Relay (Finals)</i>		

**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:

<i>Saturday; May 2, 2026</i>
<i>9:00am</i>
<i>Long Jump 7-8, 9-10, 11-12, 13-14, 15-18</i>
<i>Triple Jump after Long Jump, 13-14, 15-18</i>
<i>Javelin 13-14, 15-18</i>
<i>Aero/Mini 7-8, 9-10, 11-12</i>
<i>High Jump 15-18, 13-14, 11-12, 9-10</i>
<i>Shot Put 7-8, 9-10, 11-12, 13-14, 15-18</i>
<i>Discus 15-18, 13-14, 11-12</i>

**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.**

	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
1111	-	-	-	-	-	-	30"	30"	30"	36"	33"	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	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**