



## **2019 USATF Pacific Northwest Association Junior Olympic Track & Field Championships**

Friday-Sunday, June 21-23, 2019

Mt. Tahoma High School

4634 S. 74<sup>th</sup> St., Tacoma, WA 98409

**REGISTRATION DEADLINE: Tuesday, June 18<sup>th</sup> at 7pm**

(Hammer & Steeplechase, June 9<sup>th</sup> @ West Seattle Stadium)

### **Age Divisions**

Age 8 and under	Born 2011+
9 - 10 year old	Born 2009-2010
11 - 12 year old	Born 2007-2008
13 - 14 year old	Born 2005-2006
15 - 16 year old	Born 2003-2004
17 - 18 year old	Born 2001-2002*

\*athletes born in 2000 are also eligible if they do not turn 19 on or before 07/28/2019

### **Entry Fees**

Individual Entry:	\$8 per event
Relay Entries:	\$32 per relay team
Gate Admission:	\$5 adults and children over 5; children 5 & U free; athletes free with bib; coaches free if they have a current USATF membership, background check and Safesport certification.

**To enter in the Association Championships:** All entries will be processed on-line at athletic.net. The entry deadline is Tuesday, June 18<sup>th</sup> at 7pm, PDT. The entry deadline is final. No late entries will be accepted. Questions on entry: contact Holly Genest PNAMeetDirector@gmail.com or Ken Emerick ken123e@aol.com.

**USATF Membership & Age Verification:** A current 2019 USATF membership is required of all athletes. Before registering for events an athlete must obtain a membership number at <http://www.usatf.org/membership>. Cost is \$20. Once a USATF membership has been purchased, athletes must then provide proof of age (birth certificate, passport, driver's license) to the membership chairman, Tracy Silva, pnamember@comcast.net. You may also mail proof of age to: Tracy Silva, 2280 NW Boulder Way, Issaquah, WA 98027. Please allow sufficient time for mailing.

Only U.S. Citizens, aliens living in the United States, or foreign exchange students are eligible to compete in this Championship meet. See the USATF Rules for more information and exceptions.

**Event Procedures:** A competitor must compete in his/her age division only. There will be no "moving up" in any events. At the Regional Championships all athletes must compete in the same division they qualified at the Association Championships. Competitors in the 7-8, 9-10, and 11-12 age divisions may compete in a maximum of three (3) events, including relays. 13-14, 15-16, and 17-18 age divisions may compete in a maximum of four (4) events, including relays. All Relay Team members must belong to the same USATF member Club. All relay team members must also show affiliation with the said club on their USATF membership application.

**Packet Pick-up:** Club coaches and unattached athletes may obtain their competition numbers and any other related meet information at the start of the meet Friday, June 21, and beginning at 7:30am on Saturday, June 22<sup>nd</sup> and Sunday, June 23<sup>rd</sup>. Competitors must wear their assigned bib numbers on all days during competition and on the front of their jerseys only. If an athlete loses their bib number, they may obtain a replacement for \$5. **The packet pickup table will only distribute competitor numbers to unattached athletes. Clubs must distribute numbers to their registered athletes.**

**Uniforms & Shoes:** Athletes are not required to wear specific uniforms in individual events. However, shorts and shirts must be worn. Relay teams must wear a top of a same color and bottoms of a same color. Rule 302.3(d). Shoes allowed: regular tennis or athletic shoes and track spikes. Spikes: ¼” spikes recommended. Spikes longer than ¼” are not allowed. Pin/needle spikes of any length are not allowed. Spikes will be checked at event areas.

**Schedule:** The meet schedule will be followed as closely as possible. Events may run up to 15 minutes ahead once the meet begins. Please arrive at the track and be prepared to compete when your event is called. Please pay close attention to the schedule and announcements, and plan for any conflicting events. Please advise athletes to warm up by the event and not the time. *Athletes who are competing in a field event when their running event is called must check in at the Clerk's Tent. Athletes who have not checked in by the final call may be removed from the race.*

**Awards:** USATF Junior Olympic medals will be awarded the top three places in each event.

**Advancement:** The top eight (8) athletes/teams in each individual and relay event will advance to the Region 13 Championship which will be held July 4-7 at Mt. Tahoma High School, Tacoma WA. No alternates will be advanced from the Association to the Regional Championship meet. The top five (5) athletes in each individual and relay event at the Region 13 Championship will be eligible to advance to the National Championship in Sacramento, CA, July 22-28.

All entries for the Junior Olympic Region 13 and National Championships will be done on-line at athletic.net. All deadline dates for the Region 13 and National Championships will be final and no exceptions will be made.

**Personal Conflicts with the Meet Schedule:** Athletes who have a personal conflict with the dates of the Association or Regional Championships need to make a choice between their personal conflict and the meet. There are only two (2) conflicts that will allow an athlete to bypass a qualifying round of Junior Olympic meets. *USATF Rule 306, 2a&b:* “An athlete can miss the Association Championship but not the Regional Championship because of participation in a USATF Cultural Exchange. Athletes can miss the Association and Regional Championship if they are competing in the USATF U20 National Outdoor Championships (fka Junior National Championships) or World Youth Championships.” **The exception request must be sent to Holly Genest, PNAMeetDirector@gmail.com, no later than June 18, 7pm.** The list of athletes from our association will be forwarded to the Regional Coordinator.

**Protests:** There will be a \$50 fee for all protests. Protests must be submitted to the Protest Referee at once and no later than 30 minutes after a result has been posted. The protest fee will be refunded if the protest is upheld. For information not listed on this document, Meet Management will refer to the USATF rules and the Youth Guide.