



2019 USATF Region 13

Junior Olympic Track & Field Championships

Thursday-Sunday July 4-7, 2019
Mt. Tahoma High School
4634 S. 74th St., Tacoma, WA 98409

Steeplechase & Hammer - Pacific Lutheran University
124th St S, Parkland, WA 98444

Registration Deadline: Sunday June 30 (7:00pm)

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:	\$9 per event
Relay Entries:	\$36 per relay team
Combined Events:	\$17 ages 9-14
Combined Events:	\$22 ages 15-18
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.

Entry

All entries will be processed on-line at athletic.net. Entries will open on June 25 (5:00pm PDT). The entry deadline is Sunday, June 30 at (7:00pm PDT). The entry deadline is final. No late entries will be accepted. Questions on entry: contact Holly Genest PNAMEetDirector@gmail.com or Kenny Emerick (206)361-2234 ken123e@aol.com.

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 Thursday and Friday, July 4th & 5th; and at 7:30 am on Saturday and Sunday, July 6th & 7th. Competitors must wear their assigned bib numbers during competition and on the front of their jerseys only. If an athlete loses their bib number, they may obtain a replacement for \$5.00. **The packet pickup Table will only distribute individual numbers to unattached athletes throughout the meet, clubs must distribute numbers to their individual club 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. Track events may run up to 15 minutes ahead of the published schedule once the meet begins. 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 Clerks Tent. Athletes who have not checked in by the final call may be removed from the race.

Opening Heights

Pole vault and high jump will have opening starting heights at the Region 13 Championship in accordance with Rule 302.5(O).

OPENING HEIGHTS

Age Group	Boys HJ	Boys PV	Girls HJ	Girls PV
9-10	0.9m		0.9m	
11-12	1.10m		1.10m	
13-14	1.35m	2.15m	1.20m	1.75m
15-16	1.50m	2.90m	1.30m	1.95m
17-18	1.60m	3.50m	1.35m	2.35m

Advancement

The top five (5) places in each individual and relay event will advance to the National Championships which will be held July 22-28 in Sacramento, CA. No alternates will be advanced from the Regional Championship to the National Championship meet. The top two (2) athletes in combined events and any other athlete who meets the Junior Olympic Combined Event Standard for the specific event at the Region 13 Championship will be eligible to advance to the National Championship.

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 Regional Championships will have to make a choice between their personal conflict or the meet. There are only two (2) conflicts that will allow an athlete to bypass a qualifying round of Junior Olympic meets. USATF Rule 305, 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. **These exceptions must have been worked out with the Regional Coordinator, in writing, prior to the Association Championship.**

Protest

There will be a \$50 fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. 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.

Directions driving north on I-5: take exit 129, S. 72nd St.; turn left at S. 72nd St.; continue on S.72nd which will become S. 74th St.; go about 1.8 mile. The school will be on the left.

Directions driving south on I-5: take exit 129; keep right at the fork; follow signs for S. 74th St.; travel approximately 1.8 mile; the school will be on the left.