

What to Expect

Pacific Northwest Association Junior Olympic Championship

For information not listed on this syllabus, meet management will refer to the 2019 USATF Rules and the Youth Guide.

GENERAL INFORMATION

- There will be a \$5 gate entry fee. Please be prepared with exact change. Athletes, coaches (name must be on the Coaches Registry) and non-competing youth 5 & under are free.
- Packet pick-up (competitor numbers) will be available at Mt. Tahoma HS Stadium at the south entrance. The Head Coach or a single representative for any USATF team needs to pick up the packet for ALL athletes on the team. Please check with your head coach or representative first to claim your competitor number. Packet pick up will NOT hand out bib numbers one by one to members of USATF sanctioned teams. Unattached athlete numbers will be available at packet pickup.
- If you anticipate a national record attempt, or need a valid mark to qualify for another meet, please inform meet management at least one week in advance. Only then can we ensure that we have the proper officials and equipment (steel tape, wind gauge, etc.) in place.
- Weather delays: if we have a lightning strike, the meet will be delayed 30 minutes (assuming there are no more lightning strikes).
- Only athletes, meet officials and meet workers are allowed in the clerking and competition areas. No coaches. No parents.
- Electronic devices not approved by the Games Committee shall not be used by any individual in the area of competition or designated warm-up area. Of primary concern is anything that impedes your ability to hear. This rule includes ANYONE in the competition and warm-up areas...athletes, coaches, parents, officials, meet workers, siblings.
- If you question the outcome of your event, notify your coach who will then take it up with the meet director.
- Once results have been posted for 30 minutes, and uncontested, awards will be made available.
- Top 8 finishers qualify for the JO Region 13 Championship, July 4-7, Mt. Tahoma High School, Tacoma, WA. Registration for the meet will be on Athletic.net.

RUNNING EVENTS

- Athlete check-in (for running events only) will be at the center of the grand-stand on the track level.
- When the call is made for an event, proceed to check in for your event. We will NOT be doing first, second and final call.
- Relay uniforms: all participants shall wear a top of the same color and shorts of the same color.

- Starting blocks are required for ages 15-18 in events 400m and shorter.
- No competitor shall receive assistance in setting starting blocks except from an individual designated by the starter (Rule 161.5). Please be mindful of this rule, especially for the 8&U athletes. It is not our intent to have starters, or their designated individual, to teach block-setting at this competition.
- If 8 or fewer runners show for semi-final events they will be run as finals at the semi-final time.
- For the prelims of 100m and 200m, lane assignments will be random draw.
- Runners will advance to finals in the 100m and 200m as per USATF Rule 303(h) for an 8-lane track: 1-8 athletes - run as finals at semi-final time; 9-16 athletes - 3 + next 2 best times; 17-24 athletes - 2 + next 2 best times; 25-32 athletes - 1 + next 4 best times; 33-40 athletes - 1 + next 3 best times; 41-48 athletes - 1 + next 2 best times
- For the finals of the 100m and 200m, lane assignments will be three draw: center 4 lanes with the 4 fastest times randomly assigned; the next outer lanes are for fifth and sixth; the outside lanes are seventh and eighth.
- For races 400m and longer, heats will be run slowest to fastest.
- Hurdlers may practice on the back stretch during the 100m (both Sat and Sun). Hurdles will be set up for their use. Coaches may not be on the track or infield with their athletes while they're warming up.

FIELD EVENTS

- Athletes need to have their implements checked in before competing. The implement inspection desk will be under the grand stand toward the south end. The implements will be impounded until warmups for each individual throwing event. Please check in implements on the day of competition only.
- Only steel-tipped 600g and 800g javelins are allowed (not applicable to the mini or aero javelins).
- Privately-owned javelins do not lose identity and cannot be used without the owner's consent. All other privately-owned implements do lose their identity and become part of a community pool during the competition.
- For throws and horizontal jumps, there will be three attempts in the prelims, three attempts in the finals. *Finals directly follow the preliminary rounds.*
- Athlete check-in for field events will be at the respective field event venue. Field events will NOT be running open pits. There will be 3 attempts in the preliminary rounds, 3 more attempts in the finals. The finals *immediately* follow the preliminary rounds.
- Warm-ups for the throws will be conducted by the event judges at the respective venues.
- It is the responsibility of the athletes/coaches/parents to be familiar with the check-out rule for the field events. Please carefully read the Rule 302.5(p) and (q) on page 166 of the 2019 Competition Rules book. Competitors checking out during the preliminaries must return before the completion

of the preliminaries. Competitors checking out during the finals must return before the completion of the finals.

- If you have simultaneous events (field & running), upon checking in to the field event, tell the official you will also be in a running event. Check in for your running event before the field event starts. Tell the clerk you are also in a field event and then return to your field event. Do not miss your field event by sitting in the clerking area. It is now the athlete's responsibility to check out of the field event in time to go directly to the starting line for their race. Do NOT leave the field event without first checking out with the official. When you return, you need to check back in with the field event official. It is the responsibility of the athlete to check in/out of each event.

CODE OF CONDUCT

Sportsmanship Guidelines for Coaches, Parents, Athletes and Others

Coaches and parents are tremendous assets to our youth athletes in track and field/cross country and our Association is extremely grateful for your cooperation, support and loyalty. We expect athletes to hold themselves to high standards of sportsmanship as outlined in the USATF Competition Rule Book and the USATF Youth Guide. We expect parents, coaches and others to serve as role models for our youth athletes by exhibiting high standards of sportsmanship as well. We must never lose sight of the fact that the participants in youth athletics are only "youngsters."

Officials and meet management personnel are here to help make this a positive experience for everyone, especially the athletes. Please treat them accordingly. The following guidelines should be adhered to at all times by athletes, coaches, parents and others: 1) Knowing and understanding the rules of track and field. 2) Showing respect for officials and their decisions. 3) Showing respect for opponents at all times. 4) Recognizing and appreciating the varying skill levels of all athletes participating. 5) Maintaining self-control at all times. 6) Showing a positive attitude when cheering. Sanctions may be considered toward parents, coaches, athletes and/or teams that do not adhere to these policies.

~ Pacific Northwest Association Youth Committee