



2023 USATF Region 13 Junior Olympic Track & Field Championship

July 6-9, 2023

Mt. Tahoma High School Stadium, Tacoma

Registration deadline 6pm Monday, July 3rd, 2023

ELIGIBILITY REQUIREMENTS:

Athletes must compete and place in the top 12 of their respective Junior Olympic Association meet (Pacific Northwest Association or Inland Northwest Association) to be eligible to participate in the 2023 USATF Region13 Junior Olympic Championship.

ENTRY PROCESS:

Individual Entries: \$9 per event

Relay Entries: \$36 per relay team

Triathlon/Pentathlon/Heptathlon/Decathlon: \$20

Registration is online at athletic.net and the deadline is July 3rd, 2023, by 6:00pm. Late entries will not be allowed. Online registration will open June 26th. Accuracy of data entered is the responsibility of each club and/or athlete. Please verify team and athlete date within athletic.net for accuracy prior to submitting entries. Links to help documents with step-by-step instructions:

GATE ADMISSION FEES: 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.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only for all three days. If an athlete loses the bib number, a replacement can be purchased for a fee of \$5. 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 should 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.

IMPLEMENT WEIGH-IN: Athletes need to have their implements checked in before competing. The implement inspection desk is 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.

EVENT CHECK-IN: Athlete check-in for running events will be at the white tent on the infield. Athlete check-in for field events will be at the respective field event venue. Field events will NOT be running open pits. Athletes with both a track and a field event at the same time are NEVER required to stay in the clerking tent. After check-in, the athlete may return to their field event, but it is now their responsibility to return to the tent or start line in time for their race.

100M/200M FINALS: Athletes who qualify for the 100m final and the 200m final are required to participate in the final on Sunday to be eligible to qualify for the USATF Junior Olympic National Championship.

HIGH JUMP & POLE VAULT STARTING HEIGHTS: High jump and pole vault will have starting heights as established by the USATF National Youth Committee for JO Regional Championships. *(These are NOT the starting heights for JO nationals.)*

2023 Starting Heights – Pole Vault & High Jump

STARTING HEIGHTS	9-10	11-12	13-14	15-16	17-18
Pole Vault - Boys	n/a	n/a	2.10m	3.15m	3.5m
Pole Vault - Girls	n/a	n/a	1.75m	1.85m	2.28m
High Jump - Boys	.91m	1.10m	1.33m	1.4m	1.59m
High Jump - Girls	.88m	1.07m	1.20m	1.25m	1.35m

LONG JUMP & TRIPLE JUMP TAKE-OFF BOARDS: To emulate the Junior Olympic National Championship meet, in which they use only one take-off board for long jump and two boards for triple jump, the following boards will be offered:

LONG JUMP			TRIPLE JUMP		
	<u>BOYS</u>	<u>GIRLS</u>		<u>BOYS</u>	<u>GIRLS</u>
8 & U	4 ft	4 ft			
9-10	6 ft	6 ft			
11-12	6 ft	6 ft			
13-14	8 ft	8 ft	13-14	24 ft, 28 ft	24 ft, 28 ft
15-16	8 ft	8 ft	15-16	28 ft, 32 ft	24 ft, 28 ft
17-18	8 ft	8 ft	17-18	32 ft, 36 ft	28 ft, 32 ft

EVENT RESULTS: During competition, event results will be posted at live.pntfo.com and in the Bell Tower courtyard. After the meet, results will be posted on athletic.net.

PROTESTS: There will be a \$100 fee for all protests. Protests must be submitted to the Help Desk at once and not later than 30 minutes after a result has been posted. The protest fee will be refunded if the protest is upheld.

AWARDS: Top 8 individuals and the top three (3) relay teams in each event of each age division. Once results have been posted for 30 minutes and uncontested, awards will be made available.

ADVANCEMENTS: The top 8 individuals and top 8 relay teams of each age division will qualify for the USATF National Junior Olympic Championships to be held July 24-30, 2023, at Hayward Field, University of Oregon, Eugene, Oregon. Athletes who place top 2 in the Combined Events, and athletes who make the qualifying point standard, will qualify as well.

2023 USATF Junior Olympic Combined Events Performance Standards

Age Group	Event	Standard
9-10 boys	Triathlon	585
11-12 boys	Pentathlon	1934
13-14 boys	Pentathlon	2404
15-16 boys	Decathlon	4479
17-18 men	Decathlon	5643
9-10 girls	Triathlon	934
11-12 girls	Pentathlon	2259
13-14 girls	Pentathlon	2722
15-16 girls	Heptathlon	3672
17-18 women	Heptathlon	4103

CONTACTS: Holly Genest, PNAMEetDirector@gmail.com, 253.318.3982
Patti Petesch, USATFassociationgrants@gmail.com

WHAT TO EXPECT AT THE REGION 13 JUNIOR OLYMPIC T&F CHAMPIONSHIP

For information not listed on this syllabus, meet management will refer to the 2023 USATF Rule Book.

GENERAL

- 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 starting Thursday. The Head Coach or a single representative for any USATF team should 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 a team. 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 competition area and warmup area (infield). 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.

RUNNING EVENTS

- Athlete check-in for running events will be at the white tent on the infield. Athletes who arrive after final call *may* be scratched from the event.
- 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)
- 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.
- 100m and 200m finals ó athletes who qualify for the 100m final and the 200m final are required to participate in the final to be eligible to qualify for the Junior Olympic National Championship.
- 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 made available 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 is 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). Screamerö javelins are not allowed.
- Privately-owned implements do not lose their identity and cannot be used without the owner's consent. Meet management will have implements for those not providing their own (pole vault poles excluded).
- 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.
- 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 172 of the 2023 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 clerk's tent. It is now your responsibility to check out of the field event in time to go directly to the starting line for your 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.
- High jump and pole vault will have starting heights as established by the USATF National Youth Committee for JO Regional Championships.

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- Long jump will offer one take-off board and triple jump will offer two take-off boards. To emulate the Junior Olympic National Championship meet, in which they use only one take-off board for long jump and two boards for triple jump, the following boards will be offered:

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17-18	8 ft	8 ft	17-18	32 ft, 36 ft	28 ft, 32 ft

RESULTS

- 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.
- The top 8 individuals top 8 relay teams of each age division will advance to the USATF National Junior Olympic Championships to be held July 24-30, 2023, at Hayward Field, University of Oregon, Eugene, Oregon. Athletes who place top 2 in the Combined Events, and athletes who make the qualifying point standards, will qualify as well.

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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
~ Inland Northwest Association Youth Committee