



2025 USATF Pacific Northwest Association Junior Olympics Track & Field Championships

June 8

*Combined Events, Racewalk, Steeple, Hammer
West Seattle Stadium*

Registration deadline Friday, June 6, 2025, 7pm

June 27-29

*Mt. Tahoma Stadium, Tacoma
Registration deadline Friday, June 22, 2025, 7pm*

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

8 & under (born 2017+)
9 - 10 (born 2015-2016)
11 - 12 (born 2013-2014)
13 - 14 (born 2011-2012)
15 - 16 (born 2009-2010)
17 - 18 (born 2007-2008) <small>* athletes born in 2006 are also eligible if they do not turn 19 on or before 7/21/2025</small>

ELIGIBILITY:

Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2025 members of USATF in good standing.

Relay Teams: Only registered 2025 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

Age Verification: USATF Junior Olympic championships require that the registrants are date-of-birth verified. Members need to upload/submit their birthdate verification document when completing their membership profile on the USATF Connect system. (Select Athlete Verifications in the athlete's USATF profile.) Accepted verification documents include birth certificate, passport, driver's license, US government issued identification. **Age verification documents must be received no later than five (5) business days prior to the registration deadline.**

ENTRY PROCESS:

Fees:

Individual Entries: \$10 per event | Relay Entries: \$40 per relay team | Triathlon/Pentathlon: \$14 per event

Registration Links

[June 8 events](#) (Deadline: June 6 by 7pm)

[June 27-29 events](#) (Deadline: June 22 by 8pm)

Late entries will not be allowed. 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:

[-Submitting Team Entries](#) [-Registering as an Individual](#)

MEET DAY INFORMATION:

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 younger 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.

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 in each event and top 8 relay teams of each age division will advance to the USATF Region 13 Championships to be held July 3-6, 2025, at Central Valley High School, Spokane Valley. Advancements must be completed by registering at athletic.net. Registration will open on **Monday, June 30th**.

The National Junior Olympic Championships will be held on July 21-27 at (location TBA). The top 5 athletes at the Region 13 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify.

IMPLEMENT WEIGH-IN: 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.

EVENT CHECK-IN: Athlete check-in for running events only 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.

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 Protest Referee 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.

CONTACTS: Holly Genest, PNAMeetDirector@gmail.com, 253.318.3982

Please see WHAT TO EXPECT (next page) for more details about the meet.

WHAT TO EXPECT

USATF Pacific Northwest Association Junior Olympic Championship

For information not listed on this syllabus, meet management will refer to the 2025 USATF Rulebook.

Only the schedule posted as FINAL on the Pacific Northwest Association website is the official time schedule for the meet.

GENERAL

- ★ There will be a \$5 gate entry fee. Exact change is appreciated. 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 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.
- ★ No overnight RV parking.
- ★ 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. No coaches. No parents. Exception: A coach's box will be available on the field for the Pole Vault.
- ★ Warm-ups are allowed inside the flagging on the football field. Do any stretching and leave any personal gear adjacent to the flagging to leave an unobstructed area for running.
- ★ 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.

WHAT TO EXPECT

RUNNING EVENTS

- ★ Athlete check-in for running events only will be at the white tent on the infield.
- ★ At first call, proceed to the clerking tent (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(i) 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.
- ★ Pacing by persons not participating in the event is considered assistance and may result in disqualification (Rule 144). Coaches, please warn your athletes on the infield to refrain from running alongside competitors during a race.

WHAT TO EXPECT

FIELD EVENTS

- ★ Pole vault pole storage will be available at the stadium.
- ★ 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. Implements may be checked in earlier than the day of competition.
- ★ Only steel-tipped 600g and 800g javelins are allowed (not applicable to the mini or aero javelins).
- ★ 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 2024 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.
- ★ Long Jump and Triple Jump boards will be limited to emulate the Junior Olympic National Championship meet. The following boards will be offered, however meet management may decide to modify Triple Jump boards in the case of outlier entry marks:

	LONG JUMP		TRIPLE JUMP	
	BOYS	GIRLS	BOYS	GIRLS
08&U	4	4		
09-10	4	4		
11-12	6	6		
13-14	8	6	26, 32	24, 26
15-16	8	8	26, 32	24, 26, 32
17-18	12	8	32, 36	26, 32

- ★ Spectators and coaches will be allowed through the Discus gate only to transit to the Javelin viewing area near the grass slope. Anyone near the Discus area must be behind the fence on the sidewalk.

WHAT TO EXPECT

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 and top 8 relay teams of each age division will advance to the USATF Region 13 Junior Olympic Championships to be held July 4-7, 2024, at Mt Hood Community College, Gresham, OR.

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