



## USATF Pacific Northwest Association

Junior Olympic Track and Field  
2010 Association Championships

### Combined Events

#### **Bantam, Midget, Youth**

Sunday, June 20<sup>th</sup>, Yelm High School  
1315 Yelm Ave-Yelm WA- 98597

#### **Intermediate, Young Men & Women**

June 4<sup>th</sup> -5<sup>th</sup>, Lake Stevens High School  
2908 113<sup>th</sup> Ave NE, Lake Stevens WA 98258

#### Age Divisions

Bantam	Born 2000-2001
Midget	Born 1998-1999
Youth	Born 1996-1997
Intermediate	Born 1994-1995
Young Men & Women	Born 1992-1993*

\*athletes born in 1991 are also eligible if they do not turn 19 on or before 8/1/2010.

#### Entry Fees

\$5.00 Bantam (Triathlon)

\$10.00 Midget & Youth (Pentathlon)

\$20.00 Intermediate and Young Men & Women **(to advance to Regional Meet)**

**Fees must be paid for by club check, money order, or cash only**

**Mail or Deliver Entry Forms and Fees to Patti Petesch, 100 Dexter Avenue North, Seattle WA 98109.**

**?????Questions????? (206)604-6462 or [patti.petesch@seattle.gov](mailto:patti.petesch@seattle.gov)**

**USATF Membership:** A current 2010 USATF membership is required of all athletes. A membership number may be obtained at <http://www.usatf.org/membership>. Cost is \$20.00. Athletes must mail a copy of proof of birth (birth certificate, baptismal certificate, passport, driver's license) to the Registration Chairman: Tracy Silva, 2280 NW Boulder Way, Issaquah WA 98027, prior to June 26. The Registration Chairman will also accept a scanned document via email: [pnamember@comcast.net](mailto:pnamember@comcast.net).

Only U.S. Citizens, aliens living in the United States, or 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. Unattached athletes may compete without club or team affiliation.

#### Combined Events Bantam, Midget, and Youth Age Division:

The Association Championship will be hosted at Yelm High School Saturday June 20<sup>th</sup>, 2010. USATF Junior Olympic medals will be awarded the top three places in each event. PNTF championship ribbons will be awarded 4<sup>th</sup> – 8<sup>th</sup> place in all events.

**Intermediate and Young Men's & Women's divisions:**

It will be held in conjunction with the Washington State High School Combined Events Championships at Lake Stevens High School on June 4th-5th, hosted by Chris Mattingly, [chris\\_mattingly@lkstevens.wednet.edu](mailto:chris_mattingly@lkstevens.wednet.edu). You may participate and register at the High School meet to advance to the Junior Olympics Regional.

Championships July 8-9 at SW Athletic Complex in Seattle - **Participation in the Lake Stevens event is not required to compete at the Regional Combined Event *Championships*.**

To enter in the Regional Championships: Junior Olympic age divisions apply. Entry forms will be available at the Lake Stevens event and online at [pntf.org](http://pntf.org). Please include entry fees with the entry form and mail to address above under Entry Fees.

**Advancement:** The top eight (8) athletes in each event will advance to the Regional Championships which will be held July 8-11 at the SW Athletic Complex in Seattle WA. No alternates will be advanced from the Association to the Regional Championship meet. The top three (3) athletes in each event at the Regional Championships will be eligible to advance to the National Championships in Sacramento CA July 27-August 1. If all three Regional winners do not enter the National Championships, lower places (4<sup>th</sup>, etc.) who have meet the published standard will be invited to enter.

All entries for the Junior Olympic Regional and National Championships will be done on-line. Athletes advancing from the Association Meet will be given information on how to enter online. All deadline dates for the Regional 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 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 Meet if they are competing in the Junior National Championships or World Youth Championships. These exceptions must be worked out with the Regional Coordinator at least two weeks prior to the competition. Contact [cengelhardt@juno.com](mailto:cengelhardt@juno.com).

## Combined Events Order of Events

Sunday, June 20, 2010

8:45am	Registration		
9:30am	Pentathlon	(100MH, SP, HJ LJ 1500M)	YB
10:00am	Pentathlon	(100MH, SP, HJ, LJ, 800M)	YG
10:15am	Pentathlon	(80MH, SP, HJ, LJ, 800M)	MG
10:30am	Pentathlon	(80MH, SP, HJ, LJ, 1500M)	MB
11:30am	Triathlon	(SP, HJ, 200M)	BB
11:45am	Triathlon	(SP, HJ, 200M)	BG