



2010 USATF Pacific Northwest Association Junior Olympic Track and Field Championships

Saturday-Sunday June 26-27, 2010
SW Athletic Complex - 2801 SW Thistle – Seattle WA 98126

Directions: Driving North on I-5:, take exit 163A, keep right on fork on-ramp .27, merge onto West Seattle Bridge, go 2.76 miles, turn left onto 35th Ave. SW, go 2.52 miles and turn left on SW Thistle St, go .37 miles and turn right into the facility.

Driving South on I-5: take exit 163, keep right at the fork on-ramp merge onto the West Seattle Bridge, go 2.76 miles, turn left onto 35th Ave SW, go 3.53 miles and turn left on SW Thistle St, go .37 miles and turn right into the facility.

Age Divisions

Sub Bantam	Born 2002-2003
Bantam	Born 2000-2001
Midget	Born 1998-1999
Youth	Born 1996-1997
Intermediate	Born 1994-1995
Yng Men & Women	Born 1992-1993*

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

New Sub-Bantam Age Division

A Sub-Bantam age group has been added to the Junior Olympic program at the Association and Regional level. Events for boys and girls will be conducted in the 100m, 200m, 400m, 800m, 1500m, LJ, 2k shot put. The top 8 athletes may advance to the Regional meet; however they may not advance to National meet.

Entry Fees

Individual Entry: \$6.00 per event by June 16th. **Late entries \$12.00**
Relay Entries: \$16.00 per relay by June 16th. **Late relay entries \$32.00**

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

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.

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.

Event Procedures: A competitor must compete in his/her age division only. There will be no “moving up” in any events. At the Regional Championships all athletes must compete in the same division they qualified at the Association Championships. Competitors in the Sub-Bantam, Bantam, and Midget age divisions may compete in a maximum of three (3) events, including relays. Youth, Intermediate, and Young Men’s & Women’s divisions may compete in a maximum of four (4) events, including relays. All Relay Team members must belong to a USATF member Club. All relay team members must also show affiliation with the said club on their USATF membership application and entry form. **Remember the Sub-Bantam division may qualify for the Regional Championships; BUT there will not be a Sub-Bantam division at the National Championships.**

Packet Pick-up: Coaches and athletes will be able to obtain their competition numbers and any other related meet information beginning at 7:30 am on both Saturday June 26th and Sunday 27th. The Registration and Packet Pick-Up is located on the upper level at the back of the grandstands. 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.

Uniforms: Athletes are not required to wear specific uniforms in individual events. However shorts, shirts, and shoes must be worn. Shoes allowed are regular tennis or athletic shoes and track spikes (1/4”). Relay teams must wear all tops of the same color and shorts of the same color.

Schedule: The meet schedule will be followed as closely as possible. Events can run up to one hour (1) ahead of the published schedule once the meet begins. Please arrive at the track and be prepared to compete when your event is called. 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.

Awards: USATF Junior Olympic medals will be awarded the top three places in each event. Ribbons will be awarded 4th – 8th place in all events. The awards table is located at the back of the grandstands on the upper level.

Advancement: The top eight (8) teams in each individual and relay 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 individual and relay 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 (4th, 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.