

Combined Events

Thursday, July 7th at Spokane Falls Community College

9:00am	Decathlon (day 1)	IB, YM	100m, LJ, SP, HJ, 400m
9:30am	Pentathlon	YG	100mh(30"), SP, HJ, LJ, 800m
9:45am	Heptathlon (day 1)	IG, YW	100mh(33"), HJ, SP, 200m
10:00am	Pentathlon	YB	100mh(33"), SP, HJ, LJ, 1500m

Friday, July 8th at Spokane Falls Community College

9:00am	Decathlon (day 2)	IB, YM	110mh(39"), Disc, PV, Jav, 1500m
9:45am	Pentathlon	MG	80mh(30"), SP, HJ, LJ, 800m
10:00am	Pentathlon	MB	80mh(30"), SP, HJ, LJ, 1500m
10:00am	Heptathlon (day 2)	IG, YW	LJ, Jav, 800m
11:00am	Triathlon	BB	SP, HJ, 400m
11:30am	Triathlon	BG	SP, HJ, 200m

Combined events: Top two places automatically qualify for the JO Nationals. 3rd place finisher may attain a qualifying point standard to advance.

Jr. Olympic Motels (Ask for the Junior Olympic Track Regionals Rate)

Hotel	Rate	Contact	Distance To Track	Breakfast
Quality Inn Downtown	\$88	110 E. 4th Avenue qualityinn.com/hotel/WA181 800-980-6101	4.8	yes
Northern Quest Resort & Casino	\$129	100 N. Hayford Rd. northernquest.com 888-603-7051	1.4	no
Comfort Inn	\$76	923 E. 3rd choic-hotels.com 800-4-CHOICE	6.1	yes
Red Lion Hotel at the Park	\$95	303 W. North River redlion.com 800-RED-LION	3.9	no
Red Lion River Inn	\$85	700 N. Division redlion.com 800-RED-LION	4	no
Oxford Suites Downtown	\$129	115 W. North River oxfordsuitesspokane.com 800-774-1877	3.9	yes
Howard Johnson Inn	\$79	3033 N. Division hoho.com/hotel/17764 800-621-8593	4.7	yes

Congratulations and Welcome to the



2011 Junior Olympic Region 13 Track & Field Championships

Thursday, July 7 thru Sunday, July 10
Spokane Falls Community College Stadium

Directions to College:

Going east on I-90 take Maple St. Exit. Go north on Maple, take a left on Riverside. Heading west on Riverside follow arterial down to Marine bridge then veer to right staying on arterial, at top of hill there is a stop sign, take a right on Government Way. Stay on arterial until street light, take a right at Fort George Wright Dr. At top of hill, track is on your left.

Athletes: A competitor must compete in his/her age division. There will be NO moving up or down in age divisions in any event, including relays. Competitors in the Sub-Bantam through Midget age divisions may compete in up to three (3) events, including relays. The Youth, Intermediate and Young divisions may compete in up to four (4) events, including relays. Combined events are not included in these events. All athletes must have a current 2011 USATF membership number with/copy of proof of age on file.

Registration: Online registration can be done from **June 19th – July 1st** at: <http://sites.google.com/site/inlandnwtrackandfield>

To qualify for this meet you must compete and finish in the top 8 at your local association championships.

Individual Cost: The cost per event is \$7.00. Relays are \$28.00 (per team) Combined Events are; Tri-\$10.00; Pent-\$15.00; Decathlon & Heptathlon-\$20.00

Packets: Club packets will be available from 7:30am – 12:00pm at SFCC, Thursday through Sunday.

Equipment: Field implements will be provided by management. If you bring your own, there will be Weights & Measures available from 7:30am – 11:00am daily. Only 1/4" spikes are allowed on all competition surfaces.

Pole Vault competitors bring your own poles.

Relay Teams: 2011 registered clubs may enter a relay team(s). For each online relay declaration clubs may list four (4) athletes plus two (2) alternates for the cost of a relay. At each level of competition these athletes may be changed as long as he/she is on the original roster.

Awards: Awards will be presented within 90 minutes of the conclusion of each event unless otherwise specified.

Advancements: The top five (5) places in an individual and relay events may advance to the USATF National Junior Olympic Championships in Wichita, Kansas.

Saturday, July 9th, 2011 at SFCC – Track Events

8:00am	1500m Racewalks	TF	BG, BB, MG, MB
8:00am	3000m Racewalks	TF	YG, YB, IG, YW
8:00am	3000m Racewalks	TF	IB, YM
8:30am	1500m	TF	All Divisions
10:15am	100m	Semi	All Divisions
11:30am	400H 36"	TF	IB, YM
11:45am	400H 30"	TF	IG, YW
12:00pm	200H 30"	TF	YG, YB
12:15pm	4x100 Relay	TF	All Divisions
1:45pm	400m	TF	All Divisions
3:00pm	4x800 Relay	TF	MG, MB, YG, YB, IG, IB, YW, YM
3:30pm	200m	Semi	All Divisions
4:45pm	2000 Steeplechase	TF	IB, YM, IG, YW

If 8 or less runners show for a semi-final event, they will be run as Finals at the semi-final time. We reserve the right to run up to 30 minutes ahead of the posted time schedule.

Saturday, July 9, 2011 at SFCC – Field Events

Shot Put	MB	8:30am – B	LJ	BG	8:30am – B
	YG	8:30am – A		YB	8:30am – A
	YB	10:00am – B		MB	10:00am – B
	SBB	10:00am – A		YM	10:00am – A
	BB	11:30am – A		SBB	11:30am – B
	SBG	11:30am – B		MG	11:30am – A
	BG	1:00pm – A		SBG	1:00pm – A
	MG	1:00pm – B		YW	1:00pm – B
	IB	2:30pm – B		YG	2:30pm – A
	YW	2:30pm – A		IB	4:00pm – A
Hammer	IG/YW	8:00am	TJ	IG	2:30pm – B
Discus	YW	9:30am	HJ	MG	8:30am
	MG	11:00am		BG	10:00am
	YB	1:00pm		YB	11:30am
	YM	2:30pm		BB	1:00pm
Javelin	IB	8:00am		MB	2:30pm
	SBB	9:30am	PV	YB	9:00am
	BB	10:30am		IB	11:00am
	MB	12:00pm		YM	1:00pm
	MG	1:30pm			
	SBG	3:00pm			
	BG	4:00pm			

Field implements will be provided by management. If you bring your own, there will be Weights & Measures available from 7:30am – 11:00am daily.

Sunday, July 10, 2011 at SFCC – Track Events

8:30am	3000m	TF	MB, MG, YB, YG, IB, YM, IG, YW
9:45am	100m	Finals	All Divisions
10:45am	80H 30"	TF	MG, MB
10:55am	100H 30"	TF	YG
11:05am	100H 33"	TF	YB, IG, YW
11:15am	110H 39"	TF	IB, YM
11:30am	800m	TF	All Divisions
1:00pm	200m	Finals	All Divisions
2:00pm	4x400 Relay	TF	All Divisions

We reserve the right to run up to 30 minutes ahead of the posted time schedule.

Sunday, July 10th, 2011 at SFCC – Field Events

Shot Put	IG	1:00pm – B	High Jump	YG	8:30am
	YM	1:00pm – A		IB	10:00am
Discus	IB	8:30am		YM	11:30am
	MB	10:00am		IG	1:00pm
	IG	11:30am		YW	2:30pm
	YG	1:00pm	Triple Jump	YB	8:30am – A
Hammer	IB/YM	2:30pm		YM	8:30am – B
Javelin	YG	8:30am		YG	10:00am – A
	IG	10:00am		YW	10:00am – B
	YM	11:30am		IB	11:30am – B
	YB	1:00pm	Long Jump	IG	11:30am – A
	YW	2:30pm		BB	1:00pm – B
PV	YG	9:00am			
	IG	11:00am			
	YW	1:00pm			

Age Divisions	Age	Year of Birth
SBG, SBB (Sub-Bantams)	7-8	2003-2004
BG, BB (Bantams)	9-10	2001-2002
MG, MB (Midgets)	11-12	1999-2000
YG, YB (Youth)	13-14	1997-1998
IG, IB (Intermediates)	15-16	1995-1996
YW, YM (Young)	17-18	1993-1994

**Plus 18 year olds who do not turn 19 before July 31st.
To compete as a Sub-Bantam, athletes must be at least 7 years of age on December 31st of the current year.**

PLEASE REGISTER FOR THE NATIONAL MEET AT USATF JUNIOR OLYMPIC NATIONAL TRACK & FIELD CHAMPIONSHIP WEBSITE.
\$8.00 per event for Nationals.
Information: Char Engelhardt (425) 770-9433 • cengelhardt@juno.com