



2013 USATF Pacific Northwest Association Junior Olympic Track and Field Championships

Saturday-Sunday June 22-23, 2013

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

Age 8 and under	Born 2005+
9 – 10 year old	Born 2003-2004
11 – 12 year old	Born 2001-2002
13 – 14 year old	Born 1999-2000
15 – 16 year old	Born 1997-1998
17 – 18 year old	Born 1995-1996*

*athletes born in 1994 are also eligible if they do not turn 19 on or before 7/28/2013.

Entry Fees

Individual Entry:	\$6.00 per event
Relay Entries:	\$16.00 per relay team

To enter in the Association Championships: All entries will be processed on-line at coacho.com. The entry deadline is Tuesday, June 18 at 7pm, PDT. The entry deadline is final. No late entries will be accepted.

Questions on Entry Fees: contact Patti Petesch at (206)604-6462 or patti.petesch@seattle.gov

USATF Membership: A current 2013 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 entry. The Registration Chairman will also accept a scanned document via email: pnamember@comcast.net. The on-line entry system will not accept an athlete entry if their proof of birth date is not on file with USATF. **FAXES WILL NOT BE ACCEPTED.**

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 7-8, 9-10, and 11-12 age divisions may compete in a maximum of three (3) events, including relays. 13-14, 15-16, and 17-18 age divisions may compete in a maximum of four (4) events, including relays. All Relay Team members must belong to the same USATF

member Club. All relay team members must also show affiliation with the said club on their USATF membership application.

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 22th and Sunday, June 23th. 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. **The Registration Table will only distribute individual numbers to Unattached athletes, Clubs must distribute numbers to their registered athletes. Waviers are due when the team packet is picked up.**

Uniforms: Athletes are not required to wear specific uniforms in individual events. However shorts and shirts must be worn. Shoes allowed: 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. *Athletes who are competing in a field event when their running event is called, must check in at the Clerks Tent. Athletes who have not checked in by the final call may be removed from the race.*

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 4-7 at SW Athletic Complex in Seattle. No alternates will be advanced from the Association to the Regional Championship meet. The top five (5) athletes in each individual and relay event at the Regional Championships will be eligible to advance to the National Championships in Greensboro NC, July 22-28.

All entries for the Junior Olympic Regional and National Championships will be done on-line at coacho.com. 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, in writing, prior to the Association Championship Entry Deadline. Contact cengelhardt@juno.com.**

Protests: There will be a \$50.00 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 announced. The protest fee will be refunded if the protest is upheld.