



USATF Pacific Northwest Association

Junior Olympic Track and Field
2013 Association Championships

Combined Events

9-10, 11-12, 13-14

Sunday, June 16th, Kent Meridian High School
10020 SE 256th Street, Kent WA 98030

15-16, 17-18

May 31st – June 1st, Lake Stevens High School
2908 113th Ave NE, Lake Stevens WA 98258

Age Divisions

Age 8 & 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

\$10.00 Bantam (Triathlon)

\$10.00 Midget & Youth (Pentathlon)

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

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

To enter in the Association Combined Championships: All entries will be processed on-line at coacho.com. The entry deadline is Wednesday, June 13 at 7pm for all ages. The entry deadline is final, no late entries will be accepted.

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 June entry. The Registration Chairman will also accept a scanned document via email: pnamember@comcast.net. **NO FAXED COPIES.**

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 a club or team affiliation.

Combined Events 9-10, 11-12, and 13-14 Age Divisions:

The Association Championship will be hosted at Kent Meridian HS Sunday June 17, 2012. USATF Junior Olympic medals will be awarded the top three places in each event. PNTF championship ribbons will be awarded 4th – 8th place in all events.

Combined Events 15-16 and 17-18 age divisions:

An Association Championship meet will be held in conjunction with the Washington State High School Combined Events Championships at Lake Stevens High School on May 31-June 1, hosted by Chris Mattingly, chris_mattingly@lkstevens.wednet.edu. **Participation in the Lake Stevens event is not required to compete at the Regional Combined Event Championships** July 4-5 at the Southwest Athletic Complex in Seattle. **Athletes must, however, enter the PNTF Association Meet to be eligible for the Regional Meet. All entries received into the Association Meet from the 15-16 and 17-18 year old athletes will be forwarded into the on-line coacho system for the Regional Meet. The entry deadline is Wednesday, June 18th at noon, no late entries will be accepted.**

Advancement: The top eight (8) athletes in each event will advance to the Regional Championships which will be held July 4-5 at Southwest Athletic Complex in Seattle, WA. No alternates will be advanced from the Association to the Regional Championship meet. The top two (2) athletes in each event and any other athlete who meets the Junior Olympic Combined Event Standard for the specific event at the Regional Championships will be eligible to advance to the National Championships in Greensboro, NC on 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 no later than the Association Championships entry deadline. Contact cengelhardt@juno.com.**

Combined Events Order of Events **June 16th @ Kent Meridian HS**

Sunday June 16, 2013

8:45am	Registration		
9:30am	Pentathlon	(100MH, SP, HJ LJ 1500M)	13-14 B
10:00am	Pentathlon	(100MH, SP, HJ, LJ, 800M)	13-14 G
10:15am	Pentathlon	(80MH, SP, HJ, LJ, 800M)	11-12 G
10:30am	Pentathlon	(80MH, SP, HJ, LJ, 1500M)	11-12 B
11:30am	Triathlon	(SP, HJ, 400M)	9-10 B
11:45am	Triathlon	(SP, HJ, 200M)	9-10 G