



2015 USATF Pacific Northwest Association Junior Olympic Track & Field Championships

Friday-Sunday June 26-28, 2015

West Seattle Stadium (Hammer/Steeplechase)

35th SW & SW Snoqualmie St, Seattle WA 98126

Southwest Athletic Complex

2801 S.W. Thistle, Seattle WA 98126

Age Divisions

Age 8 and under	Born 2007+
9 – 10 year old	Born 2005-2006
11 – 12 year old	Born 2003-2004
13 – 14 year old	Born 2001-2002
15 – 16 year old	Born 1999-2000
17 – 18 year old	Born 1997-1998*

*athletes born in 1996 are also eligible if they do not turn 19 on or before 08/02/2015.

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.

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. [Click here to enter](#). The entry deadline is Tuesday, June 23 at 7pm, PDT. **The entry deadline is final. No late entries will be accepted.**

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

Eligibility: 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.

USATF Membership: A current 2015 USATF membership is required of all athletes. Before registering for events an athlete must obtain a membership number at <http://www.usatf.org/membership>. Cost is \$20.00.

Date of Birth Verification: 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.**

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 27th and Sunday, June 28th. 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 both days 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.**

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 Clerk's 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. 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 9-12 in Portland, OR. 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 Jacksonville, FL July 27-August 2.

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 Regional Chair, Ryen Bpyd at: usatforegonmembership@gmail.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 posted. The protest fee will be refunded if the protest is upheld.

USATF- Pacific Northwest Association
2015 Junior Olympic Championship Time Schedule
updated June 20

Friday Field Events

5:30pm	Hammer	15-16G	
5:30pm	Hammer	17-18G	
6:30pm	Hammer	15-16B	
6:30pm	Hammer	17-18B	
6:30pm	Steeple	G	
6:45pm	Steeple	B	

Saturday Track Events

8:30am	1500 M Racewalk	Timed Finals	9-10G, 9-10B, 11-12G, 11-12B
8:30am	3000 M Racewalk	Timed Finals	13-14G, 13-14B, 15-16G, 17-18W
8:30am	3000 M Racewalk	Timed Finals	15-16B, 17-18YM
9:00am	1500 M Run	Timed Finals	All Divisions (youngest – oldest)
10:00am	100 M Dash	Semi Finals*	All divisions (youngest – oldest)
Noon	200/400 M Hurdles	Timed Finals	15-16B, 17-18M, 15-16G, 17-18W, 13-14G, 13-14B
1:00pm	4x100 M Relay	Times Finals	All Divisions (youngest – oldest)
2:00pm	400 M Dash	Timed Finals	All Divisions (youngest – oldest)
3:20pm	4x800 M Relay	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
4:10pm	200 M Dash	Semi Finals*	All Divisions (youngest – oldest)

Saturday Field Events

8:30am	Shot Put	8G/B South)	
8:30am	Long Jump	9-10G (North)	
8:30am	High Jump	11-12G	
8:30am	Long Jump	13-14B (South)	
8:30am	Javelin	15-16/17-18G	
10:00am	High Jump	9-10G	
10:00am	Shot Put	9-10B North))	
10:00am	Pole Vault	13-14G	
10:00am	Shot Put	13-14G South)	
10:00am	Pole Vault	15-16G	
10:00am	Pole Vault	17-18G	
10:00am	Javelin	17-18B	
10:30am	Long Jump	11-12B South)	
10:30am	Long Jump	17-18B North)	
11:30am	Shot Put	9-10G (North)	
11:30am	High Jump	13-14B	
11:30am	Shot Put	15-16G South)	

11:30am	Javelin	15-16B	
Noon	Pole Vault	13-14B	
12:30pm	Long Jump	8G (North)	
12:30pm	Long Jump	11-12G (South)	
1:00pm	High Jump	15-16/17-18G	
1:00pm	Shot Put	17-18G(South)	
1:00pm	Discus	11-12 B	
1:00pm	Pole Vault	15-16B	
1:00pm	Pole Vault	17-18B	
1:00pm	Javelin	13-14B	
2:30pm	Shot Put	15-16B(South)	
2:30pm	High Jump	9-10B	
2:30pm	Triple Jump	15-16B (South)	
2:30pm	Long Jump	17-18G (North)	
2:30pm	Discus	11-12G	
2:30pm	Javelin	13-14G	
4:00pm	Discus	13-14B	
4:00pm	Shot Put	17-18B (South)	
4:30pm	Long Jump	13-14G (North)	
4:30pm	Triple Jump	15-16G (South)	

Sunday Track Schedule

8:30am	3000 M Run	Timed Finals	11-12B, 11-12G, 13-14B, 13-14G, 15-16B, 15-16G, 17-18M, 17-18W
10:10am	100 M Dash	Finals	All Division (youngest – oldest)
11:10am	80-110 Hurdles	Timed Finals	11-12B, 11-12G, 13-14G, 13-14B, 15-16G, 17-18W, 15-16B, 17-18M
12:15pm	800 M Run	Timed Finals	All Division (youngest – oldest)
1:30pm	200 M Dash	Finals	All Division (youngest – oldest)
2:30pm	4x400 M Relay	Timed Finals	All Division (youngest – oldest)

Sunday Field Events

8:30am	Javelin	8 G	
8:30am	Long Jump	8B 9North)	
8:30am	Javelin	8B	
8:30a.m	Shot Put	11-12B(South)	
8:30am	High Jump	11-12B	
8:30am	Triple Jump	13-14G (South)	
8:30am	Discus	13-14G	
10:00am	Javelin	9-10B	
10:00am	Shot Put	11-12G	
10:00am	High Jump	13-14G	
10:00am	Discus	15-16B	
10:30am	Long Jump	9-10B (North)	
10:30am	Triple Jump	13-14B (South)	

11:30am	Javelin	9-10G	
11:30am	Shot Put	13-14B(South)	
11:30am	Discus	15-16G	
11:30am	High Jump	15-16B	
11:30am	High Jump	17-18B	
12:30pm	Long Jump	15-16G (North)	
12:30pm	Triple Jump	17-18G (South)	
1:00pm	Javelin	11-12B	
1:00pm	Discus	17-18G	
2:30pm	Javelin	11-12G	
2:30pm	Long Jump	15-16B (North)	
2:30pm	Triple Jump	17-18B (South)	
2:30pm	Discus	17-18B	

- **If there are 8 or less runners in a semi-final event, it will be run as a final event.**

WHAT TO EXPECT AT THE JUNIOR OLYMPICS ASSOCIATION CHAMPIONSHIP

- Packet pick-up (competitor numbers) will be available Saturday morning at 7:30am at the stadium. Packet pick-up will be located on the upper level at the back of the grandstands. Please check with your head coach first to claim your competitor number.
- Competitor numbers must be worn on the front and be used both days of the competition. Replacement numbers are available at packet pick-up for \$5.
- If 8 or less runners show for semi-final events they will be run as finals at the semi-final time.
- After the scheduled start of the 100m prelims & finals, events may run up to 1 hour early.
- Athletes need to have their implements checked in before competing. The implement inspection desk will be across from the bleachers, on the east side of the track, in the white maintenance building.
- Only steel-tipped javelins allowed.
- Privately-owned javelins do not lose identity and cannot be used without the owner's consent. All other privately-owned implements do lose their identity and become part of a community pool during the competition.
- For field events, there will be three attempts in the prelims, three attempts in the finals. Finals directly follow the preliminary rounds.
- The softball field southwest of the stadium will be the designated warm-up area for runners and jumpers. Warm-ups for the throws will be conducted by the event judges at the respective venues.
- Hurdlers may practice on the back stretch during the 100m (both Sat and Sun). Hurdles will be set up for your use. Coaches may not be on the track or infield with their athletes while they're warming up.
- Only athletes, meet officials and meet workers are allowed in the competition area. No coaches. No parents.
- At first call, proceed to the clerking tent (athletes who arrive after final call *may* be scratched from the event). Since the meet may run up to 1 hour early, please listen for first call rather than referring to the written schedule.
- If you have simultaneous events (field & running) you must check-in with both events by the time you hear third and final call. Tell the official you have another event at the same time. Do NOT leave the competition area without first checking out with the official. When you return, you need to check in with the official. It is the responsibility of the athlete to check in/out of each event.
- Please check in at the respective field events at the start time. Field events will not be running open pits.
- It is the responsibility of the athletes/coaches/parents to be familiar with the check-out rule for the field events. Please carefully read the Rule 301(q) on page 157 of the 2015 Competition Rules book.
- Relay uniforms: all participants shall wear a top of the same color and shorts of the same color.

- Starting blocks are required for ages 15-18 in events 400m and shorter.
- No competitor shall receive assistance in setting starting blocks except from an individual designated by the starter." (Rule 161.6)
- Electronic devices not approved by the Games Committee shall not be used by any individual in the area of competition or designated warm-up area. Of primary concern is anything that impedes your ability to hear: cell phones, I-Pods and the like. This rule includes ANYONE in the competition and warm-up areas...athletes, coaches, parents, officials, meet workers, siblings.
- For the prelims of 100m and 200m, lane assignments will be random draw.
- Runners will advance to finals in the 100m and 200m as per USATF Rule 303(h) for an 8-lane track: 1-8 athletes - run as finals at semi-final time; 9-16 athletes - 3 + next 2 best times; 17-24 athletes - 2 + next 2 best times; 25-32 athletes - 1 + next 4 best times; 33-40 athletes - 1 + next 3 best times; 41-48 athletes - 1 + next 2 best times
- For the finals of the 100m and 200m, lane assignments will be three draw: center 4 lanes with the 4 fastest times randomly assigned; the next outer lanes are for fifth and sixth; the outside lanes are seventh and eighth.
- For races 400m and longer, heats will be run slowest to fastest.
- In order to advance to the Regional Championship, athletes who qualify for a final at the Association meet must actually participate in the final to advance to Regionals.
- If you question the outcome of your event, notify your coach who will then take it up with the meet director.
- Once results have been posted for 30 minutes, and uncontested, awards will be made available.
- Top 8 places qualify for JO Regional Championships, July 11-12 at Jesuit High School, Portland.
- Registration for Regionals will be available online at CoachO.com

CODE OF CONDUCT

Sportsmanship Guidelines for Coaches, Parents, Athletes and Others

Coaches and parents are tremendous assets to our youth athletes in track and field/cross country and this Association (PNTF) is extremely grateful for your cooperation, support and loyalty. We expect athletes to hold themselves to high standards of sportsmanship as outlined in the USATF Competition Rule Book and expect parents, coaches and others will themselves serve as role models for our youth athletes by exhibiting high standards of sportsmanship as well. We must never lose sight of the fact that the participants in youth athletics are only "youngsters."

Officials and meet management personnel are here to help make this a positive experience for everyone, especially the athletes. Please treat them accordingly. The following guidelines should be adhered to at all times by athletes, coaches, parents and others: 1) Knowing and understanding the rules of track and field. 2) Showing respect for officials and their decisions. 3) Showing respect for opponents at all times. 4) Recognizing and appreciating the varying skill levels of all athletes participating. 5) Maintaining self-control at all times. 6) Showing a positive attitude when cheering.

Sanctions may be considered toward parents, coaches, athletes and/or teams that do not adhere to these policies.

~ USATF Pacific Northwest Youth Committee