



2017 Junior Olympic Region 13 Track & Field Championships

July 6th-9th—Central Valley High School
Spokane Valley, Washington 99037

Directions: Take the Sullivan Exit (291) and head south on Sullivan for approximately 1.5 miles and the school will be on your left. There is parking in the main lot (the light on 8th and Sullivan) and at the two entrances south of the light.

Age Divisions

Age 8 and under	Born 2009+*
9-10 year old	Born 2007-2008
11-12 year old	Born 2005-2006
13-14 year old	Born 2003-2004
15-16 year old	Born 2001-2002
17-18 year old	Born 1999-2000**

*athletes 8 and under must turn 7 before 7/21/2017 to participate in the National Championship

**athletes born in 1999 are also eligible if they do not turn 19 on or before 7/27/2017

Entry Fees

Individual Entry: \$7 per event

Relay Entries: \$24 per relay

Combined Events: \$15 for ages 9-14

Combined Events: \$20 for ages 15-18

USATF Membership

A current 2017 membership is required of all athletes. 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.

To enter in the Region XIII Championships: All entries will be processed online at athletic.net. Entries will open on June 27th. The entry deadline is Sunday, July 2nd at 7:30pm, PDT. The entry deadline is final. No late entries will be accepted.

Questions on entry fees, contact Chris Lowe at lowedog50@gmail.com or 509-280-6065

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 membership application.

Packet Pick-Up: Coaches and athletes will be able to obtain their competition numbers and any other related meet information beginning at 8:00am on Thursday and Friday, July 6th and 7th, and at 7:30am on Saturday and Sunday, July 8th and 9th. The registration and packet pick-up is located at the stadium near the concession stand. Competitors must wear their assigned bib numbers during competition and on the front of

their jerseys. If an athlete loses their bib number, they may obtain a replacement for \$5. The registration table will only distribute individual numbers to unattached athletes throughout the meet; clubs must distribute numbers to their individual club registered athletes.

***Steeplechase Competitors**

Packets and Bib Numbers will be at Spokane Falls Community College for you on Friday, July 7th beginning at 5:00pm

Uniforms: Athletes are not required to wear specific uniforms in individual events. However, shorts and shirts must be worn. Relay teams must wear all tops of the same color and shorts of the same color. Max length spikes ¼”

Schedule: The meet schedule will be followed as closely as possible. Events can run up to 1 hour ahead of the published schedule once the meet begins. Please arrive at the facility 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 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 five places in each event. The awards table is located just west of the main grandstands. Results will be posted along the fence at the back of the grandstands.

Advancement to Nationals: The top five (5) places in each individual and relay event will advance to the National Championships, which will be held July 24-30 in Rock Chalk Park, Kansas. No alternates will be advanced from the Regional Championship to the National Championship meet. The top two (2) athletes in combined events 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.

All entries for the Junior Olympic Regional and National Championships will be done online at athletic.com. Athletes advancing from the Regional 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 dates of the Regional Championships will have to make a choice between their personal conflict and 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 have been worked out with the Regional Coordinator, in writing, prior to the Association Championship entry deadline. Contact Dion Keeton at youthchairoregon@gmail.com

Protests: There will be a \$50 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.

For information not listed on this document, Meet Management will refer to the USATF rules and the 2017 Youth Guide.

Thursday, July 6th
Central Valley High School

Decathlon Schedule 15-16 (B) 17-18 (B)		Heptathlon Schedule 15-16 (G) 17-18 (G)		Pentathlon Schedule 13-14 (G)		Pentathlon Schedule 13-14(B)	
Time	Event	Time	Event	Time	Event	Time	Event
8:30 am	100M	10:00am	100M Hurdle	9:00 am	100M Hurdle	10:15am	100 Hurdles
	Long Jump		High Jump		Shot Put (Pit 1)		Shot Put (Pit 1)
	Shot Put (Pit 2)		Shot Put (Pit 2)		High Jump		High Jump
	High Jump		200		Long Jump (Pit 1)		Long Jump
	400				800m		1500

*In Pentathlon, girls will go first, followed by boys

Friday, July 7th
Central Valley High School

Decathlon Schedule 15-16 (B) 17-18 (B)		Heptathlon Schedule 15-16 (G) 17-18 (G)		Pentathlon Schedule 11-12 (G) 11-12 (B)		Triathlon 9-10 (G) 9-10 (B)	
Time	Event	Time	Event	Time	Event	Time	Event
8:30 am	110HH	10:00am	Long Jump	9:00 am	80m Hurdle	11:30am	Shot Put
	Discus		Javelin		Shot Put (Pit 1)		High Jump
	Pole Vault		800		High Jump		400(B)
	Javelin				Long Jump		200 (G)
	1500				800m (G)		
					1500 (B)		

*In the pentathlon, Girls will go first, followed by boys

Friday, July 7th
Spokane Falls Community College
Track Events

Steeple Chase					
8 + Under	9-10	11-12	13-14	15-16	17-18
				6:30 pm (G)	6:30 (G)
				6:50 pm (B)	6:50 (B)

Field Events Central Valley High School

Hammer Throw					
8 + Under	9-10	11-12	13-14	15-16	17-18
				3:00 pm (G)	3:00 pm (G)
				5:00 pm (B)	5:00 pm (B)

Saturday, July 8th

Central Valley High School

Track Schedule

*Events may run up to 1 hour early

8:30am	Race Walk	All Ages
9:00am	1500m	(8+Under)
	1500m	(9-10)
	1500m	(11-12)
	1500m	(13-14)
	1500m	(15-16)
	1500m	(17-18)
11:00am	100m Semi-Finals	(8+Under)
	100m Semi-Finals	(9-10)
	100m Semi-Finals	(11-12)
	100m Semi-Finals	(13-14)
	100m Semi-Finals	(15-16)
	100m Semi-Finals	(17-18)
12:30pm	400m Hurdles	(15-16)(B)
	400m Hurdles	(17-18)(B)
12:45pm	400m Hurdles	(15-16) (G)
	400m Hurdles	(17-18)(G)
1:00pm	200m Hurdles	(13-14)
1:20pm	4x100m Relay	(8+Under)
	4x100m Relay	(9-10)
	4x100m Relay	(11-12)
	4x100m Relay	(13-14)
	4x100m Relay	(15-16)
	4x100m Relay	(17-18)
2:20pm	400m	(8+Under)
	400m	(9-10)
	400m	(11-12)
	400m	(13-14)
	400m	(15-16)
	400m	(17-18)
3:30pm	4x800m Relay	(11-12)
	4x800m Relay	(13-14)
	4x800m Relay	(15-16)
	4x800m Relay	(17-18)
5:30pm	200m Semi-Finals	(8+Under)
	200m Semi-Finals	(9-10)
	200m Semi-Finals	(11-12)
	200m Semi-Finals	(13-14)
	200m Semi-Finals	(15-16)
	200m Semi-Finals	(17-18)

Field Schedule

8:30am	Boys Long Jump	(8+Under)	Pit 2
	Girls Long Jump	(9-10)	Pit 1
	Boys Javelin	(9-10)	
	Girls High Jump	(11-12)	
	Boys Shot Put	(11-12)	Pit 2
	Girls Shot Put	(13-14)	Pit 1
	Boys Pole Vault	(13-14)	
	Girls Discus	(17-18)	
10:15am	Girls Long Jump	(8+Under)	Pit 2
	Boys Shot Put	(8+Under)	Pit2
	Girls High Jump	(9-10)	
	Girls Discus	(11-12)	
	Boys Long Jump	(11-12)	Pit 1
	Girls Javelin	(13-14)	
	Boys Shot Put	(13-14)	Pit 1
	Boys Pole Vault	(15-16)	
12:00pm	Girls Shot Put	(8+Under)	Pit 2
	Boys Shot Put	(9-10)	Pit 1
	Girls Long Jump	(11-12)	Pit 1
	Boys Javelin	(11-12)	
	Girls Triple Jump	(13-14)	Pit 2
	Boys High Jump	(13-14)	
	Boys Pole Vault	(17-18)	
1:45pm	Girls Shot Put	(9-10)	Pit 2
	Boys High Jump	(9-10)	
	Girls Shot Put	(11-12)	Pit 1
	Girls Pole Vault	(13-14)	
	Boys Discus	(13-14)	
	Boys Javelin	(15-16)	
	Boys Triple Jump	(15-16)	Pit 2
	Girls Long Jump	(17-18)	Pit 1
3:30pm	Boys Long Jump	(9-10)	Pit 1
	Girls Javelin	(11-12)	
	Boys High Jump	(11-12)	
	Boys Triple Jump	(13-14)	Pit 2
	Girls Pole Vault	(15-16)	
	Boys Shot Put	(15-16)	Pit 2
	Girls Shot Put	(17-18)	Pit 1
	Boys Discus	(17-18)	
5:15pm	Girls Javelin	(9-10)	
	Girls Long Jump	(15-16)	Pit 1
	Girls Pole Vault	(17-18)	
	Boys Triple Jump	(17-18)	Pit 2

*Girls followed by Boys

Sunday, July 9th

Central Valley High School

Track Schedule

8:30am	3000m	(11-12)
	3000m	(13-14)
	3000m	(15-16)
	3000m	(17-18)
10:30am	100m Finals	(8+Under)
	100m Finals	(9-10)
	100m Finals	(11-12)
	100m Finals	(13-14)
	100m Finals	(15-16)
	100m Finals	(17-18)
11:10am	80m Hurdles	(11-12)
11:25am	100m Hurdles	(13-14) <small>(Boys and Girls)</small>
11:35am	100m Hurdles	(15-16)
11:40am	100m Hurdles	(17-18)
11:50am	110m Hurdles	(15-16) (Boys)
12:00pm	110m Hurdles	(17-18) (Boys)
12:10pm	800m	(8+Under)
	800m	(9-10)
	800m	(11-12)
	800m	(13-14)
	800m	(15-16)
	800m	(17-18)
2:10pm	200m Finals	(8+Under)
	200m Finals	(9-10)
	200m Finals	(11-12)
	200m Finals	(13-14)
	200m Finals	(15-16)
	200m Finals	(17-18)
2:45pm	4x400m Relay	(8+Under)
	4x400m Relay	(9-10)
	4x400m Relay	(11-12)
	4x400m Relay	(13-14)
	4x400m Relay	(15-16)
	4x400m Relay	(17-18)

Field Schedule

8:30am	Boys Javelin	(8+Under)	
	Girls Javelin	(8+Under)	
	Girls High Jump	(13-14)	
	Boys Long Jump	(13-14)	Pit 1
	Boys Discus	(15-16)	
10:00am	Boys Discus	(11-12)	
	Girls Long Jump	(13-14)	Pit 1
	Girls Shot Put	(15-16)	Pit 1
	Boys High Jump	(15-16)	
	Girls Triple Jump	(17-18)	Pit 2
	Boys Javelin	(17-18)	
11:30pm	Boys Javelin	(13-14)	
	Girls Discus	(15-16)	
	Girls Triple Jump	(15-16)	Pit 2
	Boys Long Jump	(15-16)	Pit 1
	Boys High Jump	(17-18)	
1:00pm	Girls Discus	(13-14)	
	Girls High Jump	(15-16)	
	Girls Javelin	(17-18)	
	Boys Shot Put	(17-18)	Pit 1
	Boys Long Jump	(17-18)	Pit 1
2:30pm	Girls Javelin	(15-16)	
	Girls High Jump	(17-18)	

***Girls followed by Boys**

***Events may run up to 1 hour early**