

2023 USATF Region 11 Junior Olympic Track & Field Championships Idaho State University- July 6-8, 2023 Davis Field, Pocatello, ID 83201



All youth athletes must have a current 2023 USATF membership prior to online registration with your Birth Certificate verified. If you have not previously had your date of birth verified, upload proof of date of birth to the USATF National office. Note this may take 10 days. Here are instructions on how to Date of Birth Verify. Here is the link that shows how to do age verification.

[USATF Connect - Member Tutorials - How to add athlete verification documents on Vimeo \(vimeopro.com\)](#)

For club changes and updates, athletes or parents must email USATF at membership@usatf.org for all club affiliation updates. This requires 5 business days.

Clubs and unattached athletes must register and pay online at athletic.net by **9:00 a.m. Wednesday, July 5, 2023**. **Late entries will not be accepted.** Fees will only be accepted online. Coaches can either pay for your whole team or parents have the ability to pay for their children, but they need to create an account. The Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within athletic.net for accuracy prior to submitting entry. **Do not sign up unattached if you are affiliated with a club.**

Age Division	Year of Birth	Entry Limits
8 & Under	2015+*	3 Events
9-10	2013-2014	3 Events
11-12	2011-2012	3 Events
13-14	2009-2010	4 Events
15-16	2007-2008	4 Events
17-18	2005-2006**	4 Events

Entry limitations include relays, but not combined events. Entry in a relay, either as a primary or an alternate member, will be considered an entry.

*Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships (July 30) are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

Entry & Fees: \$9.00 per event, \$36.00 per relay, \$22.00 for Heptathlon/Decathlon, and \$17.00 for Pentathlon/Triathlon. Athletes will receive bib numbers at the meet. Lost bib replacement charge is \$10.00.

Awards/Advancement: Awards will be presented shortly after the conclusion of each age group event. Top 5 will receive awards. **The top 5** in each event also qualify to advance to the USATF Junior Olympic National Championships held in Eugene, OR on July 24-30th. With the exception of Multi-Events where top 2 individuals and any who meet the performance standard set qualify.

Rules & Conduct: USA Track & Field Competition Rules will govern. Coaches and parents are responsible for the conduct of their athletes. Failure to maintain proper control or display good sportsmanship may result in the removal of a team or individual from further competition, or the expulsion of a coach, parent, or spectator. Once the meet begins, only competing athletes and working officials will be allowed on the track or infield, except in the case of medical emergencies.

Protests: Protests relating to matters, which develop during the conduct of the meet, must be made to the Referee, at once and not later than (30) thirty minutes after a result has been announced. All protests must be made in writing and accompanied by a \$100.00 cash deposit. The deposit will be refunded if the protest is upheld and forfeited if the protest is denied.

Uniforms: All relay team members must wear a top and shorts of the same color. Body suits must be of the same colors also.

Implements: All throwing implements will be inspected up to 30 minutes prior to the athlete's scheduled time of competition on each day. Implements will be marked and returned to the athlete. The head of each event will check to determine if the implement has been marked. Only marked implements will be allowed for the competition. All implements that fail to pass the inspection will be impounded until after the competition has completed. If you do not have implements some will be provided.

Prior to check-in, it is the responsibility of the coach or parent to fill out a card (at the pole vault area) stating that the competitor's weight shall be at or below the manufacturer's pole rating. It is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight.

Equipment: Any legal baton may be used. Only starting blocks provided by meet management may be used. The maximum spike length allowed for running and field events is 1/4". Absolutely no needle nose or Christmas tree spikes will be permitted. This will be strictly enforced. Athletes with spikes that do not meet this requirement will not be admitted to their event.

Athlete Check-In: Athletes must check-in 20 minutes before the scheduled start of their event. Any athlete not checked-in by the last call for their event will be automatically scratched.

Parking: All teams and spectators will park in the parking lots.

Admission: All athletes, coaches, and spectators can enter through the main entrance. Spectators will be charged a \$5 entry fee each day, a 3-day wristband may also be purchased for \$10. Children 6 and under are free as well as our honored veterans and active military.

Schedule of Events

All athletes must check-in for their events. All Running Events except for 100-meters & 200-meters are Timed Finals. All 100-meters & 200- meters events will have Prelims (Friday) and Finals (Saturday). If there are less than 9 competitors in a division it will be run as a timed final on Friday night. All Field Events with more than 9 competitors will have Trials & Finals with the exception of High Jump and Pole Vault. For events with 9 or less 6 attempts will be given to the field.

Thursday, July 6, 2023

3:00 p.m. Decathlon 15-16B, 17-18M, 100m, LJ, SP(12 lb), HJ, 400m
3:10 p.m. Pentathlon 13-14B 100H(33"), SP(4 kg), HJ, LJ, 1500m
3:15 p.m. Heptathlon 15-16G, 17-18W, 100H(33"), HJ, SP(4 kg), 200m
3:40 p.m. Pentathlon 13-14G 100H(30"), SP(6 lb), HJ, LJ, 800m
7:30 p.m. 3000m Run 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M,

Friday, July 7, 2023

11:00 a.m. Decathlon 15-16B, 17-18M, 110H(39"), Disc(1.6kg), PV, Jav(800g), 1500m
11:00 a.m. Heptathlon 15-16G, 17-18W, LJ, Jav(600g), 800m
11:10 a.m. Pentathlon 11-12B 80H(30"), SP(6 lb), HJ, LJ, 1500m

12:00 p.m. Triathlon 9-10G SP(6 lb), HJ, 200m
 12:00 p.m. Triathlon 9-10B SP(6 lb), HJ, 400m
 12:00 p.m. Pentathlon 11-12G 80H(30"), SP(6 lb), HJ, LJ, 800m
 4:30 p.m. 100m Dash Prelims All Age Divisions 8 & Under through 17-18 G & B
***100 Finals may be held on the same night if there are low numbers in your age division.**
 5:30 p.m. Hammer Throw 15-16 G (4kg), 17-18 G(4kg), 15-16B(12 lb), 17-18 B(12 lb)
 6:00 p.m. 4x800m Relay 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
 6:30 p.m. 200m Dash Prelims All Age Divisions 8 & Under through 17-18 G & B
***200 Finals may be held on the same night if there are low numbers in your age division.**
 7:30 p.m. 2000m Steeplechase 15-18 G(30"), 15-18 B(36")

Saturday, July 8, 2023 - Track Events

9:00 a.m. 1500m Run All Age Divisions (8 & under G/B – 17-18 W/M,)
 10:00 a.m. 400m Hurdles 15-16B(36"), 17-18M(36"), 15-16G(30"), 17-18W(30")
 10:30 a.m. 200m Hurdles 13-14G(30"), 13-14B(30")
 10:45 a.m. 4x100m Relay Age Divisions (8 & under G/B – 17-18 W/M)
 11:00 a.m. 400m Dash All Age Divisions (8 & under G/B – 17-18 W/M)
 12:00 p.m. 3000m Race Walk All Age Divisions (8 & under G/B – 17-18 W/M)
 12:00 p.m. Lunch Break
 12:30 p.m. 100m Dash Final All Age Divisions (8 & under G/B – 17-18 W/M)
 1:00 p.m. 110m Hurdles 15-16B(39"), 17-18M(39"),
 1:30 p.m. 100m Hurdles 15-16G(33"), 17-18W(33"), 13-14B(33"), 13-14G(30" mod)
 2:00 p.m. 80m Hurdles 11-12G(30"), 11-12B(30")
 2:30 p.m. 800m Run All Age Divisions (8 & under G/B – 17-18 W/M)
 3:00 p.m. 200m Dash All Age Divisions (8 & under G/B – 17-18 W/M)
 3:30 p.m. 4x400m Relay Age Divisions (8 & under G/B – 17-18 W/M)

***Although there are times next to the events on the schedule, we may adjust the schedule where it is needed up to 30 minutes ahead. We will also attempt to stay on or ahead of schedule whenever possible. It is up to the coaches, athletes, and parents to pay attention to what's going on at all times.**

Hurdle Specifications

Distance	Division	# Hurdles	Height	To First	Interval	To Finish
80m	11-12G, 11-12B	8	30"	12m	7.5m	15.5m
100m	13-14G	10	30"	13m	8.0m	15.0m
100m	13-14B,15-16G, 17-18G	10	33"	13m	8.5m	10.5m
110m	15-16B, 17-19M	10	39"	13.72m	9.14m	14.02m
200m	13-14B, 13-14G	5	30"	20m	35m	40m
400m	15-16G, 17-18W	10	30"	45m	35m	40m
400m	15-16B, 17-18M	10	36"	45m	35m	40m

Saturday, July 8, 2023 Field Events

	Long Jump (Pit 1)	Long Jump (Pit 2)	High Jump	Pole Vault	Discus	Shot Put	Javelin
9:00 AM	8 & Und G & B	9-10 B	15-18 B		11-14 B 1kg	15-18 G 4kg	8-10 G/B <i>Mini</i>
9:45 AM							
10:00 AM	9-10 G	11-12 B		All Girls		15-18 B 12lb	
10:30 AM			15-18 G		All Girls 1kg		13-14 B 600g
11:00 AM	11-12 G	13-14 B				8 & U G/B 2kg	
11:30 AM							11-12 G & B Aero
12:00 PM	13-14 G	15-16 B			15-18 B 1.6kg	13-14 B 4kg	
12:30 PM							13-18 G 600g
1:00 PM	15-18 G	17-18 B	9-14 G			9-12 B 6lb	
1:30 PM							15-18 B 800g
2:00 PM	Triple Jump			All Boys		9-14 G 6lb	
2:30 PM	All B/G TJ		9-14 B				
3:00 PM							
3:15 PM							
4:00 PM							
4:45 PM							

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<u>Mini Javelin</u>	<u>Javelin</u>	<u>Discus</u>	<u>Shot Put</u>	<u>Hammer</u>
8 & under G/B - 300g	13-18G - 600g	11-18G - 1kg	8 & under G/B - 2kg	15-16G - 4kg
9-10G/B - 300g	13-14B - 600g	11-14B - 1kg	9-14G 6lb	15-16B - 12lb
	15-18B - 800g	15-16B - 1.6kg	9-12B - 6lb	17-18W - 4kg
<u>*Aero Javelin*</u>		17-18M - 1.6kg	13-14B - 4kg	17-18M - 12lb
11-12G/B - 450g			15-18G - 4kg	
			15-18B - 12lb	