



2024 USATF Region 8 Junior Olympic Track & Field Championships

Thursday - Sunday July 4-7, 2024
Swisher Field, Aberdeen, SD

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

8 & under (born 2016+)
9 - 10 (born 2014-2015)
11 - 12 (born 2012-2013)
13 - 14 (born 2010-2011)
15 - 16 (born 2008-2009)
17 - 18 (born 2006-2007)
* athletes born in 2007 are also eligible if they do not turn 19 on or before 8/01/2024



Individuals: Only U.S. citizens, aliens living in the United States and 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, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2024 members of USATF in good standing.

Relay Teams: Only registered 2024 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit www.usatf.org/membership.

8 & UNDER AGE GROUP: 8 and under age division athletes must be at least 7 years of age by December 31 of the current year to be eligible to compete at the USATF National Junior Olympic Championship. Athletes younger than 7 as of Dec. 31 of the current year may compete at the association and region meets (if qualified from association) only.

Concessions will be available throughout the event.

Severe weather: Should severe weather occur, everyone will clear the facility and go to their vehicles (or building should tornado be present).

GATE ADMISSION FEES: \$10/person/day or \$25 for a 4-day pass. Under 13 is free. **Coaches must show their current 2024 USATF membership card and must be listed on the USATF website as being in good standing.**

RULES – CONDUCT & FACILITY: Coolers are not permitted in the stadium. No glass bottles or containers permitted. No grills permitted. No alcohol or tobacco permitted on school property. No sunflower seeds permitted. No pets permitted. All participants and spectators are expected to show proper conduct towards others and the facility. Meet administration reserves the right to have individuals removed from the facility for behavior deemed unacceptable. No refunds.

DIRECTIONS & PARKING: Aberdeen Central High School parking lot will be available for parking. We ask bus to park on the west side of school. See map attached. (no parking fee).

NO ANIMALS PERMITTED AT THE TRACK STADIUM OR FIELD EVENT VENUES: Exception made for service animals for individuals with disabilities.

Track

This is an 8 lane 400-meter track surface (new 2023). All races will utilize Finish Lynx Automatic timing system as primary and back up.

Spikes must be pyramid shaped with a maximum exposed length of ¼ inch. This applies to the long jump, triple jump, high jump and pole vault as well as all running events. Meet officials will enforce this rule. The penalty for this infraction is disqualification.

Long/Triple Jump

The long jump/triple jump will be contested on the infield on the backstretch runway. The approach is 130 in length with boards located at 7, 28, 32, 36, 40 feet. The facility is equipped with 9 separate pits.

High Jump

The high jump will be contested on the infield in the south apron. There will be two pits set up.

Pole Vault

The pole vault will be contested in the southeast corner of the infield. The runway is 150 feet in length. Vaulting direction will be determined 1 hour prior to my meet administration.

Shot Put

The shot put will be contested on the southwest corner track facility. The competition circle is cement. There will be a practice ring available.

Discus

Will be contested on the discus circle located on the south side of the facility. Four rings are available to throw in. A decision will be made an hour before for optional conditions.

Hammer

The hammer will be contested on the south ring located in the throwing area.

Javelin

The javelin will be contested south side of the facility in the throwing area. Two runways are available. A decision will be made an hour before for optional conditions.

Weighing of Implements

All implements will be weighed and measured in the garage by the throwing venue.

Pole Vault – Weigh in and Pole Storage

Weigh in for vaulters will be available in the garage on the southeast end of the stadium at any time prior to the start of their event. Pole storage will be available.

ENTRY PROCESS: Invitations will be sent via athletic.net to all qualifying athletes following their Association championships (Primary Qualifiers).

Registration Costs:

Individual Entries: \$13 per event

Relay Entries: \$52 per relay team

Decathlon/Heptathlon: \$26 per decathlete/heptathlete

Triathlon/Pentathlon: \$21 per triathlete/pentathlete

Club Administrators and Unattached Athletes should register online at

<https://www.athletic.net/TrackAndField/meet/556492/info>

Registration Begins: June 19th

Registration Deadline: July 2nd @ 11pm

Late Entries

Late entries must go through and be approved by your respective association chair. If approved the fee structure will be as follows:

Within 24 hours past the original deadline Wednesday \$25 per athlete

24-48 hours past the original deadline Thursday \$50 per athlete

Any time after that Thursday \$100 per athlete

Late fees will be due at gate when picking up athletes bib.

On site registration will NOT be offered. Fees must be paid online by the close of registration. 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. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Athlete Competition/Bib Numbers

Athletes entered in the meet will receive a bib number at packet pick-up along with a wristband. Bib numbers are required for competition and must be worn on the front of the uniform unless instructed otherwise. There is a \$5 replacement fee for lost bib or wristband. Requests for replacements should be made at the Registration tent located outside the main gate. A wristband is required at admission gate for free admission.

Coaches: Coaches may pick up an entire team packet of bibs provided the coach is listed in good standing as a coach with USATF for 2024. You can find that list here: <https://www.usatf.org/programs/coaches/coaches-registry>.

EVENT RESULTS: Results will only be posted online at www.herostiming.com and on the scoreboard. No printed results will be available.

AWARDS: USATF medals will be awarded to the top **Eight** individuals and the top Eight relay teams in each event of each age division.

CLOSED FIELD AND WARM-UP AREA: Warm-up area will be located just off the hiping tent on the practice football field (grass surface). The track is closed for all warm-ups once the meet begins.

COACHES BOXES/CLOSED OFF AREAS: Infield: IS CLOSED TO ALL ATHLETES AND COACHES DURING THE MEET. Only athletes who have been checked in by the clerk will be allowed to enter the infield for warmups. Field Event areas will have designated coaching boxes.

PROTESTS: There will be a \$100 cash fee for all protests. Protests must be submitted to the 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. The clock will start on the live results once the results become official, once that clock expires there will be no further protests for that event. To initiate a protest please go to the press box.

TRACK EVENT CHECK-IN: Track athletes will check to the clerking tent located on the west side of the stadium. Only athletes will be allowed in the clerking area. See attached map for clerking area.

FIELD EVENT CHECK-IN: Field athletes should report in 30 minutes prior to the scheduled start of the field event at the field event venue. Please report to your designed site.

LONG JUMP/TRIPLE JUMP: Athletes must check in with the event officials and work with the officials to get jumps completed before leaving for other events or communicate with officials about event conflicts. Officials will attempt to work with athletes to manage track and field event conflicts or field and field event conflicts by providing for jumps out of order in preliminaries or consecutive jumps. The top 9 athletes from preliminaries will advance to the finals. During the finals, athletes will jump in reverse order (9th best going first, 1st competing last) and will be called to jump by the official. During the finals, athletes must be present to jump when called and must compete in the order assigned. If an athlete is not present when called during finals, the athlete will be marked as having passed the attempt and will not be permitted to take a passed jump later. Athletes may request to take consecutive jumps in preliminary rounds or finals.

POLE VAULTER WEIGH-IN AND IMPLEMENT WEIGH-IN: Shot, discus, javelin and hammer weigh-in and inspection will take place at the garage by the throwing venue. Javelins, hammers, pole vault poles and implements used for combined events will be inspected at field event venues. Only implements inspected will be allowed into the competition. See implement table for specifications for each age group event.

Implements					
8 & Under	9-10	11-12	13-14	15-16	17-18
Shot Put (G) 2 kg	Shot Put (G) 6 lb.	Shot Put (G) 6 lb.	Shot Put (G) 6 lb.	Shot Put (G) 4 kg	Shot Put (W) 4 kg.
Shot Put (B) 2 kg	Shot Put (B) 6 lb.	Shot Put (B) 6 lb.	Shot Put (B) 4 kg	Shot Put (B) 12 lb.	Shot Put (M) 12 lb.
Mini Jav (G) 300g	Mini Jav (G) 300g	Javelin (G/B) 450g	Javelin (G) 600g	Javelin (G) 600g	Javelin (W) 600g
Mini Jav (B) 300g	Mini Jav (B) 300g	Discus (G) 1 kg	Javelin (B) 600g	Javelin (B) 800g	Javelin (M) 800g
		Discus (B) 1 kg	Discus (G) 1 kg	Discus (G) 1 kg	Discus (W) 1 kg
			Discus (B) 1 kg	Discus (B) 1.6 kg	Discus (M) 1.6 kg
				Hammer (G) 4 kg	Hammer (W) 4 kg
				Hammer (B) 12 lb.	Hammer (M) 12 lb.

TRACK PRELIMS AND FINALS: When 8 or fewer athletes from a gender/age group report to the clerk of course by the required check-in time for the 80/100/110 meter hurdles, the 100 meter dash, or the 200 meter dash, the event will be run as a final on the first day of competition and there will be no preliminary race. See specifications for hurdle races in the table:

Hurdle Heights	Number of Hurdles	Start to first hurdle	Space between hurdles	Last hurdle to finish
11-12				
80 m Hurdles (G & B) 30"	8	12 m	7.5 m	15.5 m
13-14				
100 m Hurdles (G) 30"	10	13 m	8.0 m	15 m
100 m Hurdles (B) 33"	10	13 m	8.5 m	10.5 m
200 m Hurdles (G & B) 30"	5	20 m	35 m	40 m
15-16				
100 m Hurdles (G) 33"	10	13 m	8.5 m	10.5 m
110 m Hurdles (B) 39"	10	13.72 m	9.14 m	14.02 m
400 m Hurdles (G) 30"	10	45 m	35 m	40 m
400 m Hurdles (B) 36"	10	45 m	35 m	40 m
17-18				
100 m Hurdles (G) 33"	10	13 m	8.5 m	10.5 m
110 m Hurdles (B) 39"	10	13.72 m	9.14 m	14.02 m
400 m Hurdles (G) 30"	10	45 m	35 m	40 m
400 m Hurdles (B) 36"	10	45 m	35 m	40 m

SPIKES: Only ¼" pyramid spikes (or smaller) are permitted on the track. Improper spikes will not be permitted. ¼" replacement spikes will be available to purchase until supplies are sold out. Athletes are expected to bring their track shoes with spikes to the clerking area for inspection.

ADVANCEMENT TO FINALS: Track Events: For events run in prelims (100 dash, 200 dash, 80H, 100H, 110H) qualification to finals will be as follows: Top 1 in each heat and the next fastest by time (Fill to 8). Field Events: qualification will be on performance in the preliminary flight(s) – 9 to finals in the field events.

Relay Information

Reminder – members of relay teams must wear a top of the same color as well as shorts of the same color or matching body suits. Relay teams should provide their own batons. A limited number of batons will be available if needed.

Relay zone exchanges have been changed.

Rule 170.3

In the 4x100m, the 4x200m, the first and second exchanges in the 'Swedish' Medley and the outdoor Sprint Medley relays, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third exchange in the 'Swedish' Medley Relay and in the 4x400m and longer relays each exchange zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each exchange conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their exchange zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.5 is observed.

Translation: The exchange zone is now 30 meters long with no acceleration zone. Athletes can line up anywhere within the 30 meter zone. Exchange must be made before the end of the exchange zone. (eliminates exchanging before entering the zone) Since NCAA and NFHS has not adopted this rule yet, tracks will still be marked the old way, so the exchange zone will be the acceleration (olympic) zone plus the traditional exchange zone.

Starting Blocks (Rule 302.2(e))

Athletes in the 15-16 and 17-18 age groups shall, in accordance with Rules 161, be required to use starting blocks for all events up to and including the 400 Meter Dash and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the 8 & U, 9-10, 11-12, and 13-14 age groups general rules regarding the use of starting blocks and stance are waived (the use of starting blocks and stance is within the discretion of the competitor). The setting of a competitor's starting blocks other than by the competitor or an individual designated by the starter is prohibited.

All athletes will be required to use blocks supplied by the organizing committee.

False Start Rule (302.2(d))

False starts are called on individuals, not on the field. For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, for a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s), and when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s). For a second false start, the respective competitor(s) shall be disqualified.

The National Junior Olympic Championships will be held on July 22-28, 2024 at Texas A & M University. The top 5 athletes at the Region 8 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<https://newengland.usatf.org/events/2024/2024-usatf-junior-olympic-track-field-championship>

RECORDS: Meet records maintained since 1984 are available at <http://www.wayzataresults.com/records> .

REGION 8 CONTACT:

Name: Josh Gerber

E-mail: josh@wayzataresults.com

MEET SCHEDULE:

Meet Schedule:

PLEASE NOTE THESE EVENTS WILL TAKE PLACE AT BROWNELL ACTIVITIES COMPLEX
2200 S ROOSEVELT ST, ABERDEEN, SD 57401

Thursday, July 4

Gates open to athletes and spectators at 11:30am

12:30pm Decathlon Day 1 (15-16B; 17-18M)

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

100 (15-16B)	100 (17-18M)
Long Jump (15-16B)	Long Jump (17-18M)
Shot Put (15-16B)	Shot Put (17-18M)
High Jump (15-16B)	High Jump (17-18M)
400 (15-16B)	400 (17-18M)

1:00pm Pentathlon (11-12G; 11-12B)

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

80 Hurdles (11-12G)	80 Hurdles (11-12B)
High Jump (11-12G)	High Jump (11-12B)
Shot Put (11-12G)	Shot Put (11-12B)
Long Jump (11-12G)	Long Jump (11-12B)
800 (11-12G)	800 (11-12B)

1:30pm Heptathlon Day 1 (15-16G; 17-18W)

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

100 Hurdles (15-16G)	100 Hurdles (17-18W)
High Jump (15-16G)	High Jump (17-18W)
Shot Put (15-16G)	Shot Put (17-18W)
200 (15-16G)	200 (17-18W)

5:00pm group	2k Steeplechase (13-14G)*All Girls/Women Combined unless more than 8 are entered in an age group
5:00pm group	2k Steeplechase (15-16G) *All Girls/Women Combined unless more than 8 are entered in an age group
5:00pm group	2k Steeplechase (17-18G) *All Girls/Women Combined unless more than 8 are entered in an age group
5:30pm	2k Steeplechase (13-14B)*Will be combined with Girls/Women unless more than 8 are entered
5:45pm	2k Steeplechase (15-16B)*15-16/17-18B Combined unless more than 8 are entered in an age group
5:45pm	2k Steeplechase (17-18B)*15-16/17-18B Combined unless more than 8 are entered in an age group
1:00pm	Hammer Throw (15-16B)
2:00pm	Hammer Throw (17-18M)
3:00pm	Hammer Throw (15-16G)
4:00pm	Hammer Throw (17-18W)

Friday, July 5

Gates open the spectators and athletes at 9:00 am
Combined/Running Events

10:00 am Pentathlon 13-14G; 13-14B

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

100 Hurdles (13-14G)	100 Hurdles (13-14 B)
High Jump (13-14G)	High Jump (13-14B)
Shot Put (13-14G)	Shot Put (13-14B)
Long Jump (13-14G)	Long Jump (13-14B)
800 (13-14G)	800(13-14B)

10:00 am Heptathlon Day 2 15-16G; 17-18W

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

Long Jump (15-16G)	Long Jump (17-18W)
Javelin (15-16G)	Javelin (17-18W)
800 (15-16G)	800 (17-18W)

10:45 am Decathlon Day 2 15-16B; 17-18M

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

110 Hurdles (15-16B)	110 Hurdles (17-18M)
Discus (15-16B)	Discus (17-18M)
Pole Vault (15-16B)	Pole Vault (17-18M)
Javelin (15-16B)	Javelin (17-18M)
1500(15-16B)	1500 (17-18M)

1:30 pm Triathlon 9-10G; 9-10B

Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.

Shot Put (9-10G)	Shot Put (9-10B)
High Jump (9-10G)	High Jump (9-10B)
200 (9-10G)	400 (9-10B)

2:00 pm 1500 m. Race Walk 9-10G/B; 11-12G/B

2:30 pm 3000 m. Race Walk 13-14G/B; 15-16G/B; 17-18W/M

Field Events

Long Jump (2 pits)

2:00 pm 8 & under G/B

4:00 pm 9-10 G/B

Girls Middle Pit

Girls Middle Pit

Boys (N/S Pit)

Boys (N/S Pit)

High Jump (2 pits)

3:30 pm 11-12G/B

Saturday, July 6

Gates open to spectators and athletes at 7:00 am

Field Event Schedule

Long Jump (2 pits) (Girls Middle Pit) (Boys N/S Pit)

8:00 am 15-16 B/G

10:00 am 13-14 B/G

12:30 pm 11-12 B/G

2:30 pm 17-18 M/W

Shot Put (2 Rings)

8:00 am 8 & under B/G

9:15 am 9-10 B/G

10:30 am 11-12 B/G

12:30 pm 13-14 B/G

2:00 pm 15-16 B/G

3:30 pm 17-18 M/W

High Jump (2 pits)

8:00 am 17-18 M/W

10:00 am 15-16 B/G

12:15 pm 9-10 B/G

2:00 pm 13-14 B/G

Pole Vault (1 pit)

9:00 am 13-14 Boys followed by 17-18 Men, then 15-16 Boys

There will be appropriate warmup time between age groups (worker break (30 min.) between 17-18 Men

Discus Throw (1 ring)

8:00 am 17-18 Women

9:30 am 17-18 Men

11:00 am 15-16 Girls

1:00 pm 15-16 Boys

2:35 pm 13-14 Girls

4:00 pm 13-14 Boys

Turbo Javelin Throw

8:00 am 9-10 Girls

9:15 am 11-12 Boys

10:30 am 8 & under Boys

12:15 pm 9-10 Boys

1:30 pm 8 & under Girls

2:45 pm 11-12 Girls

Saturday Track Schedule

9:00 am 100 m. Dash Prelims
10:20 am 4 x 800 m. Relay Finals
10:50 am 80/100/110 Hurdles prelims
11:35 am 4 x 100 m. Relay Finals

12:35 pm – 1:05 pm BREAK

1:05 pm 400 m. Dash Finals
2:20 pm 1500 m. Run Finals
3:40 pm 200 m. Dash Prelims

Sunday, July 7

Gates open at 7:30 am

Triple Jump (2 pits)

8:30 am 17-18 Men & Women
9:40 am 13-14 & 15-16 Boys

10:50 am 13-14 & 15-16 Girls

Discus (1 ring)

9:15 am 11-12 Girls
10:45 am 11-12 Boys

Javelin (1 runway)

8:00 am 13-14 Girls
9:00 am 13-14 Boys
10:00 am 15-16 Girls
11:00 am 17-18 Women
12:00 pm 15-16 Boys
1:00 pm 17-18 Men

Pole Vault (1 pit)

9:00 am 13-14 Girls followed by 15-16 Girls, then 17-18 Women
There will be appropriate warmup time between age groups

Sunday Track Schedule

9:00 am 3000 m. run Finals
10:40 am 80/100/110 Hurdles Finals
11:05 am 100 m. Dash Finals
11:40 am 800 m. Run Finals
12:55 pm 200/400 Hurdles Finals
1:35 pm 200 m. Dash Finals
2:05 pm 4 x 400 m. Relay Finals

