



WHAT TO EXPECT AT THE REGION 13 JUNIOR OLYMPIC T&F CHAMPIONSHIP

For information not listed on this syllabus, meet management will refer to the 2025 USATF Rule Book. Understand this document is not an all inclusive list. For any additional questions, please either refer to the rule book or check with your youth chair for your association.

GENERAL

- There will be a \$5.50 gate entry fee. Credit Card/Debit cards will be the only acceptable form of payment. Athletes, coaches (name must be on the Coaches Registry) and non-competing youth 5 & under are free.
- Packet pick-up (competitor numbers) will be available at Central Valley High School at the help desk on Thursday. The Head Coach or a single representative for any USATF team should pick up the packet for ALL athletes on the team. Please check with your head coach or representative first to claim your competitor number. Packet pick up will NOT hand out bib numbers one by one to members of a team. Unattached athlete numbers will be available at packet pickup.
- If you anticipate a national record attempt, or need a valid mark to qualify for another meet, please inform meet management at least **one week** in advance. Only then can we ensure that we have the proper officials and equipment (steel tape, wind gauge, etc.) in place.
- Weather delays: if we have a lightning strike, the meet will be delayed 30 minutes (assuming there are no more lightning strikes). All athletes, spectators, officials and meet workers will be expected to seek shelter. The school will be open for shelter during this time.
- Only athletes, meet officials and meet workers are allowed in the competition area and infield. No coaches. No parents.
- 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. This rule includes ANYONE in the competition and warm-up areas...athletes, coaches, parents, officials, meet workers, siblings.
- There will be no overnight camping allowed at Central Valley High School. There are multiple other facilities that do accommodate overnight camping

RUNNING EVENTS

- Athlete check-in for running events will be at the white tent on the infield. Athletes who arrive after final call *may* be scratched from the event.
- 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 161.5)
- If 8 or fewer runners show for semi-final events they will be run as finals at the semi-final time.
- 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(i) 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
- 100m and 200m finals – athletes who qualify for the 100m final and the 200m final are required to participate in the final to be eligible to qualify for the Junior Olympic National Championship.
- For races 400m and longer, heats will be run slowest to fastest.
- The warm-up area will be located on the backside of the school. Hurdle warm-ups will be in this same area. A separate PA system will be used for all-calls.
- Those athletes that are running in the 100 & 200- You must also compete in finals to be qualify to run at nationals, being we get 8 allocations to nationals. Those athletes that DO NOT compete in the finals of your running event will not be eligible to compete at nationals.

FIELD EVENTS

- Athletes need to have their implements checked in before competing. The implement inspection desk is behind the school in the north corner. The implements will be impounded until the conclusion of your throwing event. Please check-in implements on the day of competition only.
- Only steel-tipped 600g and 800g javelins are allowed (not applicable to the mini or aero javelins). “Screamer” javelins are not allowed.
- Privately-owned implements do not lose their identity and cannot be used without the owner’s consent. Meet management will have implements for those not providing their own (pole vault poles excluded).
- For throws and horizontal jumps, there will be three attempts in the prelims, three attempts in the finals. *Finals directly follow the preliminary rounds.*
- Athlete check-in for field events will be at the respective field event venue. Field events will NOT be running open pits.
- Warm-ups for the throws will be conducted by the event judges at the respective venues.
- 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 302.5(p) and (q) on page 172 of the 2025 Competition Rules book. Competitors checking out during the preliminaries must return

before the completion of the preliminaries. Competitors checking out during the finals must return before the completion of the finals.

- If you have simultaneous events (field & running), upon checking in to the field event, tell the official you will also be in a running event. Check in for your running event before the field event starts. Tell the clerk you are also in a field event and then return to your field event. Do not miss your field event by sitting in the clerk's tent. It is now your responsibility to check out of the field event in time to go directly to the starting line for your race. Do NOT leave the field event without first checking out with the official. When you return, you need to check back in with the field event official. It is the responsibility of the athlete to check in/out of each event.
- High jump and pole vault will have starting heights as established by the USATF National Youth Committee for JO Regional Championships.

2025 Starting Heights – Pole Vault & High Jump

STARTING HEIGHTS	9-10	11-12	13-14	15-16	17-18
Pole Vault - Boys	n/a	n/a	2.10m	3.15m	3.5m
Pole Vault - Girls	n/a	n/a	1.75m	1.85m	2.28m
High Jump - Boys	.91m	1.10m	1.33m	1.4m	1.59m
High Jump - Girls	.88m	1.07m	1.20m	1.25m	1.35m

- Long jump will offer one take-off board and triple jump will offer two take-off boards. To emulate the Junior Olympic National Championship meet, in which they use only one take-off board for long jump and two boards for triple jump, the following boards will be offered:

2025 Long Jump/Triple Jump Board					
LONG JUMP			TRIPLE JUMP		
	BOYS	GIRLS		BOYS	GIRLS
8 & U	4 ft	4 ft			
9-10	6 ft	6 ft			
11-12	6 ft	6 ft			
13-14	8 ft	8 ft	13-14	24 ft, 28 ft	24 ft, 28 ft
15-16	8 ft	8 ft	15-16	28 ft, 32 ft	24 ft, 28 ft
17-18	8 ft	8 ft	17-18	32 ft, 36 ft	28 ft, 32 ft

2025 Junior Olympic Combined Events

Performance Standards

9-10 Girls Triathlon 954
 11-12 Girls Pentathlon 2227
 13-14 Girls Pentathlon 2602
 15-16 Girls Heptathlon 3727
 17-18 Women Heptathlon 4236
 9-10 Boys Triathlon 534
 11-12 Boys Pentathlon 1855
 13-14 Boys Pentathlon 2374
 15-16 Boys Decathlon 4538
 17-18 Men Decathlon 5619

RESULTS

- 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.
- The top 8 individuals top 8 relay teams of each age division will advance to the USATF National Junior Olympic Championships to be held July 21-27, 2025, at Savannah State University, Savannah, Georgia. Athletes who place top 3 in the Combined Events, and athletes who make the qualifying point standards, will qualify as well.

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 our Association 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 the USATF Youth Guide. We expect parents, coaches and others to 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.

~ Pacific Northwest Association Youth Committee

~ Inland Northwest Association Youth Committee

~ Oregon Association Youth Committee