

USATF Oregon Association Junior Olympic Championships

June 26-29, 2025

Mt. Hood Community College

**The Junior Olympic Hammer Event will take place on June 14 at the
Amity Throws Event at Amity High School**



Format

USATF Oregon Association Junior Olympic Track & Field Championship events shall be conducted in a four-day format. Competition and meet conduct shall follow the rules outlined in the USATF Competition Rules and USATF Oregon Association Junior Olympic Championship Technical Manual.

Meet Management/Jury of Appeal

Meet Management:

Meet Director:	Rick Stucky
Referees:	Patrick Duffy, Scott Phoenix
Officials Coordinator:	Gibby Reynolds
Safe Sport Coordinator:	Carl Sniffen

Jury of Appeal

TBD

Officials

USATF Oregon shall appoint a Meet Referee, Head and Assistant Starters as well as all applicable Track and Field Officials/helpers required for the Championships.

Facilities

Mt. Hood Community College
Klapstien Stadium
26000 SE Stark St.
Gresham, OR 97030

- No food or drink on the field or field of play, except water.
- Officials are exempt from this restriction

This aerial map illustrates the layout of the Highland Games venue, featuring a central green field surrounded by a red running track. The map is divided into several sections with specific event locations marked by text labels and icons. The central field is labeled with 'Discus', 'LJ - north', 'LJ - south', 'Rx', 'Jav - south', 'PV', 'HJ - west', and 'HJ - east'. The track area is labeled with 'Shot - north', 'Shot - south', 'Jav - north', 'Coach's box - jav, & team tents outside of fence', 'Clerk's Tent, outside of fence', 'Coach's box - LJ/TJ', 'Wts & Measures', 'Coach's box - PV', 'Food Carts & officials' parking', 'Coach's box - HJ, & team tents outside of fence', 'Protest table', 'Volunteer/Safe Sport check in', 'Packet Pick-up', 'Entrance', 'Highland Games', 'P', 'Center', 'T-shirt sales', 'Awards', and 'T-shirt sales'. The map also includes a yellow arrow pointing to the 'Entrance' and a yellow circle near the 'Packet Pick-up' area.

IMPORTANT DATES

Coaches meeting

Wednesday, June 25, 7:00pm

<https://us02web.zoom.us/j/87469885344?pwd=S3xCp8k9ENXfSsQaMQ51olmx43apO3.1>

Meeting ID: 874 6988 5344

Passcode: 012431

Registration Timelines

- Registration opens on June 3, 2025 at 9:00am and closes on June 24, 2025 at midnight
- Registration for Hamer event at Amity, closes 7:00am June 14.
- Athletic.net Registration link: [Register](#)
- NO LATE ENTRIES WILL BE ACCEPTED
- Athlete's age verification for the June 26-29 meet must be submitted by June 13. Age verification for the hammer event on June 14 must be submitted by June 9.

Packet Pickup

- Begins at 7:30am each day
- Located outside the main entrance gate, next to volunteer/SafeSport check-in.
- Coaches and unattached athletes will be able to pick up their competition packets at the packet pickup area. Meet Management will not be held accountable for individuals missing an event due to a late packet pickup or any other reason.
- Club packets must be picked up in total by a team representative.
- Packets will include:
 - Bibs for each athlete on the team
 - A QR code sheet with the QR code for the Schedule, Site Map, Technical Manual, Live Results

COMPETITION INFORMATION

General

The Junior Olympic program is a progression series of meets consisting of Association, Region and National Championship meets. Athletes are required to enter online beginning at the Association level of competition. Advancement is based on performance, i.e., an athlete cannot directly submit an entry form for the Region competition; they must have competed and advanced at the Association level. In some events athletes are required to meet certain eligibility requirements to compete.

Entry Fees

- Individual Events - \$10 per event
- Relays - \$40 per team
- Combined Events, pentathlon, triathlon - \$14
- Combined Events, decathlon, heptathlon - \$20

Eligibility Requirements

- Only U.S. citizens, alien, and foreign exchange students living in the United States are eligible to compete in these championships. Refer to the USATF Competition Rules for further information by visiting:
[USATF Competition Rules](#).
- A competitor must compete in their correct age division only. There will be no “moving up” allowed in any event, including relays.

Age Divisions

Birth Year

8 & Under years old*	2017+
9-10 years old	2015-2016
11-12 years old	2013-2014
13-14 years old	2011-2012
15-16 years old	2009-2010
17-18 years old**	2007-2008
* As per USATF Rule, Article V, Section I, Rule 300.1(c), "Athletes must be at least seven (7) years of age on December 31st of the current year to compete at the Youth Athletics or Junior Olympic National Championship."	
** As per USATF Rule, Article VI, Section 1, Rule 300.1(d), "Athletes who are still eighteen (18) years of age through the final day of National Junior Olympic Track and Field Championships shall be eligible to compete in the 17–18-year-old division through the meet." The last day of that competition is July 27, 2025.	

- All athletes must be a 2025 member of USATF in good standing. USATF membership can be purchased online at [USATF Membership](#).
- All clubs must have a valid 2025 membership.

- All relay team members must be members of the same 2025 registered USATF club and athletes must wear singlets and shorts of the same color.

Qualifying from Association Championship to Region 13 Championship

Per USATF Rule 306.1(d), “An Association is allocated, by agreement with other Associations in its region, a certain number of athletes and relay teams from the Association level to the Region level through Association Championships.”

- The 8 individual finishers (by age group/gender) in the track and field and relay events will advance to the USATF Region 13 Championships. The athletes must have a qualifying time or mark in from the finals to qualify.
- The combined events shall advance the top 5 finishers (by age group/gender) plus any other athletes that meet the published 2025 qualifying standards.
- Any athlete that qualifies for Region 13 Championship but decides not to compete should notify the Association Meet Director.
- The USATF Region 13 Championship will be held on July 3-6, 2025 at Central Valley High School, Spokane, WA.
- Advancements must be completed by declaring at [USATF Region 13 Junior Olympic](#) by **July 1, 2025** at **7:00pm**. Declaration will open on **June 29, 2025**.

Competition Schedule

- The 2025 USATF Oregon Association Junior Olympic Championships schedule is subject to modification until the morning of the first event.
- The Competition Schedule can be found at [athletic.net](#)

Security and Field Access

- Field access and competition area
 - The area includes any part of the field inside the fence surrounding the track.
 - Coaches and parent are not allowed in the Clerking tent
 - One coach per team will be allowed to assist their athletes setting marks per USATF Rules 302.5(j))” In all age divisions of the High Jump and Pole Vault an athlete may be assisted in establishing the location of their marks prior to the start of competition...In the Long Jump athletes in the 8 and Under and 9-10 age divisions may be assisted by a coach in establishing the location of their marks prior to the start of competition. Note...the individuals providing the assistance shall have a field-of-play credential issued by meet management.” Individuals assisting in setting marks must have a BLUE wrist band.

- Coaches must leave the field of play once the marks are set. **All coaches must be off the field of play 5 minutes prior to the start of the event, unless instructed by the Head Official of the event to leave sooner.**
- If the designated person does not leave the field of play upon the direction of the Head Official, the designated person may be disqualified from returning to the field of play for the remainder of the Championship and/or the designated person's athlete may be disqualified from the event.
- For throwing events, The USATF Event Head or designee will determine the limits of the zone. Generally, the competition area would include any area immediately around the venue where the athletes are competing.
- To have access to the Competition Area you must be USATF Three Step compliant or have a signed waiver. Officials must display their USATF official's identification. Three Step Compliant coaches will be given a BLUE wristband and must display their USATF credentials and volunteers who have gone through the waiver process will be given, and must wear, a RED wristband while on the field of play.
- There will be 2 points of field access at each end of the west grandstands (see map).
- The following will have Field Access for the following purposes:
 - Officials (USATF ID) to officiate and put on the meet
 - Volunteers/Medical Personnel to assist officials in putting on the meet
 - Coaches to assist their athletes in setting marks in specific events and divisions. Once marks are set, coaches will be asked to leave the competition area. **Coaches must leave the FOP once marks are set and at the instructions of the event official. Once the event begins, coaches are not allowed on the FOP.** Coaches may:
 - Set marks for PV and HJ for all athletes
 - Set marks for LJ for 8&U and 9-10 athletes
 - Photographers must display their Press Credentials
 - The Head Starter will designate who can assist with setting blocks.
- Security will check credential to provide Track Access.
- [Safe Sport waiver link](#)
- [Safe Sport website link](#)

Coaches Box

- **Coaches must leave the FOP once their athlete's marks are set and at the instructions of the event official. Once the event begins, coaches are not allowed on the FOP.**
- Coaches' Box for the Pole Vault is located on the outside of the track, backstretch coming out of the first turn. The area will be cordoned off with flags/cones.
- Coaches' Box for the North Long Jump is located on the east side of the track, on the outside of the fence.
- Coaches' Box for the South Long Jump is located on the east side of the track, on the outside of the fence.

- Coaches' Box for the High Jump will be outside the fence along the first curve.
- Coaches' Box for the Javelin will be outside the fence along the second curve.
- Athletes and coaches are not allowed to cross the track during their event.

Protests

- A protest relating to matters that develop during the conduct of the competition must be made to the Event Head or Field or Running Referee at once and no later than 30 minutes after the results have been posted (online or announced). **The protest must be in writing and identify the USATF rule that is being protested.**
- This time period will be strictly enforced.
- There will be a \$50 cash submission fee required to file a protest. **The fee is paid to the appropriate Referee before any discussion and decision regarding the protest is made.** This fee will be refunded only if the protest is upheld.
- Only violations of the 2025 USATF Competition Rules may be protested.
- Coaches may not enter the field of play/competition area to protest.
- Judgment calls made by the meet officials cannot be protested.
- **No videos or photos from coaches, spectators or photographers will be considered as evidence.**
- There is no official video or photos for review by referees or the Jury of Appeals.

Volunteers

The success of the meet and the positive experience for the athletes relies on the availability of volunteers. Outreach efforts have been made to local services clubs, scout troops, schools, etc., but the main source for volunteers falls to the USATF clubs. **The *Policies of the USA Track and Field of Oregon, Section 5, Clubs* states "5.B. Each club participating in a USATF Oregon Championship Meet (Association and Regional during rotation) shall provide one volunteer for every ten (10) participants with a minimum of one volunteer. C. Clubs not complying with policies 5A and 5B of this policy may face suspension."**

There is a need for over 100 volunteers. Below is a list of the areas and numbers needed for volunteers.

Long Jump, 15 age/gender divisions, 3 volunteers for each division
 Triple Jump, 4 age/gender divisions, 3 volunteers for each division
 High Jump, 14 age/gender divisions, 2 volunteers for each division
 Pole Vault, 3 age/gender divisions, 2 volunteers for each division
 Discus, 9 age/gender divisions, 2 volunteers for each division
 Shot put, 17 age/gender divisions, 2 volunteers for each division
 Javelin, 11 age/gender divisions, 2 volunteers for each division
 Hurdle crew, 2 days, 5 volunteers each day
 Clerk assistants, 4 days, 2 volunteers each day
 Awards/Results, 4 days, 2 volunteers each day

Hospitality/Guest Services, 4 days, 4 volunteers each day

Check in, 4 days, 2 volunteers each day

Set up/Breakdown, 2 days, 4 volunteers both days

A volunteer registration site has been set up so individuals can select the days and areas they want to assist. Click [HERE](#) to register to volunteer.

Additional volunteer information:

- Volunteer Check In area will be located just outside the main entrance.
- Each volunteer will receive refreshments during their volunteer shifts.
- Volunteers are required to be Safe Sport certified or eligible to sign a Safe Sport waiver and show a valid identification, i.e., driver's license, passport, etc. For more information about Safe Sport, go to <https://www.usatf.org/safe-sport> or contact our Safe Sport coordinator at asvc@oregon.usatf.org.
- Volunteer sign up link, [Volunteer Registration](#)

Athletes

Gender/Age order for all events

- Girls will compete first in each event. Exceptions will be listed in the official schedule.
- Track events will be oldest to youngest.
- Field events will be youngest to oldest.
- Vertical jump athletes reporting late, i.e., after competition starts, are allowed to enter the competition but must enter at the current position/height (detailed information below) See Rule 180.10.a

Competition Check-in/Report Times

Running Events:

- **Athletes will check-in at the Clerk's tents located at north end of the track, outside the fence near the beginning of the second turn. Access to that location is from the north end of the stands.**
- **The clerk's tent is for athletes only. Coaches and parents are not allowed into the clerking area.**
- Athletes may **check in** with the Clerk of the Course at any time, but no later than 30 minutes before the scheduled start time of their event.
- Athletes must report back to the Clerk's tent no later than 20 minutes before the scheduled start time for instructions and to be escorted to the start line.
- Combined Event athletes may check in at the finish line no later than 30 minutes before the first event.
- Bibs and spikes will be checked at the Clerk's tent.
- The staging area (tent) will be located next to the Clerk's tent.

- Athletes will be escorted at age/gender to the start line by a Clerk.
- A scratch or Did Not Start by an athlete in an event does not scratch or disqualify the athlete from future events.
- Athletes with both a track and a field event at the same time are not required to stay in the clerking tent. Field event athletes may check-out of their event to check-in at the clerking tent. They may then return to their field event, but it is the athlete's responsibility to return to the tent or starting line in time for their race.

Field Events:

- Athletes will check-in at the field event when their age group/gender is called by the announcer.
- Bibs and spikes will be checked at the event venue.
- Horizontal and throw athletes must be checked-in for preliminary attempts before all preliminary attempts are completed for their age group/gender. Rule 180.10 and 302.5(q)
 - Failure to report before the preliminary attempts are completed will result in forfeiture of all remaining attempts.
- Horizontal and throw athletes must check-in for final attempts (if they are in the top 8 marks) at the venue and after the preliminary attempts are completed. Rule 180.10 and 302.5 (q)
 - Failure to report before the final attempts are completed will result in forfeiture of all remaining attempts.
- Pole Vault and High Jump athletes should check-in before the competition begins. A late check-in will not receive any warmup time and will enter the competition at the current height.
- A scratch or Did Not Start by an athlete in an event does not scratch or disqualify the athlete from future events.
- Athletes with both a track and a field event at the same time are not required to stay in the clerking tent. Field event athletes may check-out of their event to check-in at the clerking tent. They may then return to their field event, but it is the athlete's responsibility to return to the tent or starting line in time for their race.

Awards

- Awards will be available 30 minutes after event ends.
- Ribbons will be awarded to the top 3 athletes in every event (age group/gender)
- After the completion of the event, awards will be available at the awards table located on the concourse behind the west grandstands.
- Awards must be picked up by the end of the meet on Sunday.

Facilities and Equipment

Eight Lane Track

Turn races that start and finish in lanes (200m, 400m, 400mH, 4x100) shall not utilize lane 1 for preliminary rounds. All lanes (1-8) shall be utilized for the final round of competition. Straight races (100m, 80m Hurdles, 100m/110m Hurdles) and all races greater than 400m shall utilize all lanes for preliminary and final round competition.

Preferred/Vacant Lanes

Meet Management shall identify the preferred lanes for turn and straight races. In preliminary rounds, when the number of competitors in each heat is less than the number of lanes, competitors shall be randomly assigned to the best lanes, thereby keeping vacant lanes to the outsides.

Track and Field Events - Directions and Staggers

- The direction of running for the 100m, 200m, 80m Hurdles, 100m/110m Hurdles, LJ/TJ and PV shall be determined by the Referees no later than one- and one-half hours before the scheduled time for meet start time.
- The 800m will run from a one turn stagger.
- The 4x800m relay will run from a one-turn stagger. Rules 302.2(i) and 303.1(c)
- The 4x400 relay shall be run with a three-turn stagger. Rule 302.2(i)

Wind Gauges

Reliable and calibrated wind gauges shall be used to determine wind velocity for 100m, 200m, 100m, 80m Hurdles, 110m Hurdles, long and triple jumps.

Calibration of Measuring Devices

All equipment used for weighing and measuring implements, measuring wind, and measuring performance must be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer.

Spikes

- A maximum of ¼ inch spike length may be used for all events except for the High Jump and Javelin. Participants in the High Jump and Javelin may use spikes up to 3/8 inch in length.
- PYRAMID SPIKES ONLY. NO NEEDLE OR CHRISTMAS TREE SPIKES ARE PERMITTED.

Implements

- Personal implements in the throwing events are allowed. They do not lose their identity. Rule 302.5g
- Athletes competing in the hammer will be allowed to bring and check-in up to two implements for their competition.
- Implements will be verified at the venues.
- All implements must be weighed in on the day of the event when they are used. Please have your implements weighed 1 hour before the start of the event.
- Implement weigh-in will be under the east grandstands.
- Implement check in will be under the east grandstands beginning at 7:30 am.

Pole Vault

- Refer to USATF Rule 302.5 (n). All competitors must provide their own vaulting poles.
- Participants in the Pole Vault competition will be weighed in and poles inspected at the pole vault venue prior to warm-ups. Check-in may be completed early if an official is available.

Electronics

- In a field event, athletes may not review any video or images of previous trials. Rule 302.5s
- No electronic, headphones, phones, earbuds, i-pads etc., in the competition area (on the field or in the field of play) Rule 159
- Any violators will be warned and if there is a second violation the Referee may disqualify the athlete from the competition.

Running Events

Warm-Ups

Warmups will not be allowed on the infield. General running warmup is available before the first running event begins on Thursday and Friday before the first running event of the day. Once running events have started, warmups are only allowed on the outer 3 lanes of the back stretch when approved and supervised by an official. Warm ups are allowed before running events for the day. Hurdle warmups are available on Saturday, the outside 3 lanes during the 100m races only. Sunday, the track is open for warmups, including hurdles, from 10-11 on back stretch away from the end of the first curve to the 200 start. The warmup schedule may be changed due to conflicts with other events.

Preliminary Heats Seeding

- Athletes are again ranked. Automatic qualifiers (top three from each preliminary heat) are ranked based on place in their heat and then their time. Additional qualifiers are then ranked based on their time. Rule 166.2(d)ii
- Lane assignments are determined by three draws by lot
 - For straight races (no turns) - Rule 166.2(f)i.b(1)
 - The four highest ranked are drawn for lanes 3, 4, 5, and 6
 - The fifth and sixth are drawn for lanes 2 and 7
 - The lowest ranked are drawn for the remaining lanes
 - For the 200m - Rule 166.2(f)i.b(2)
 - The three highest ranked are drawn for lanes 5, 6, and 7
 - The fourth, fifth, and sixth are drawn for lanes 3, 4, and 8
 - The lowest ranked are drawn for the remaining lanes
 - For the 400m and relays started in lanes - Rule 166.2(f)i.b(3)
 - The four highest ranked are drawn for lanes 4, 5, 6, and 7
 - The fifth and sixth are drawn for lanes 3 and 8
 - The lowest ranked are drawn for the remaining lanes

Finals

- Any running event that has two preliminary races shall also have a final.
- Any running event with 8 or fewer competitors shall be a timed final. (USATF 302.2(b))
- The top three (3) finishers in each heat shall advance automatically and the remainder will advance based on time. Eight (8) go to finals in the running events. Lane 8 is reserved for tied athletes. (USATF 303.1.(i))
- When a competitor has qualified for the Final and is unable to compete, another competitor shall not replace them.

First Round: 80m, 100m, 200m, 400m, 100m/110m Hurdles, 400m Hurdles

- Heats shall be as evenly numbered as possible.
- Using a descending order list (fastest to slowest).

800m

- U8 and 9-10 age divisions will use a waterfall start, all others will use a 1-turn stagger.
- Heats shall be as evenly numbered as possible.
- Using a descending order list (fastest to slowest), place entries into heats using the serpentine method (left to right then right to left).
- Heat Order and Lane Assignment shall be drawn at random.

- The 800m shall be contested using a one turn stagger at the start.
- **Qualifying – Final**
 - There are no semi-finals. First-round races are a timed Final.

1500m

- The race shall be run as a timed Final.
- Heat order and assignment of position on a waterfall start shall be drawn at random.

Relays:

4x100, 4x400 & 4x800 relays will also have a mixed gender division. Running order will be the World Athletics running order of Male-Female-Male-Female. There will be no preliminary races.

4x100m Relay

- There are no preliminary 4x100 relays. All races on Saturday are a timed final.
- Relay races shall be seeded using entry times and the pre-determined lane preference.
- Teams in each section shall be seeded into lanes based on entry times and designated lane preference.
- The 4x400m relay shall utilize a three-turn stagger at the start.

4x400m and 4x800 Relays

- There will be no preliminary 4x400 relays. All races on Sunday are timed finals.
- The 4x400m relay shall utilize a three-turn stagger at the start.

Racewalk

The 1500m and 3000m racewalk may be conducted as a combined event for all ages and genders. This format will only be used if there are insufficient competitors of one or both genders competing to justify the conduct of separate races. (SATF Rule 147.3)

Field Events

Horizontal Jumps and Throws

- If the number of entries necessitates flights, they should be as even in number as possible.
- Athletes will check in at the event venue when the first call is announced.
- The order of competition within each flight or competition shall be by entry performance. Any athlete without a performance mark will be added to the beginning of the flight or event sheet.

- Check in is by event.
- Athletes must check-in before the preliminary attempts are complete.
- If the athlete checks-in after the preliminary attempts have started that athlete will forfeit any attempts missed before the athlete checked-in Rule 180.10 and Rule 302.5(q)
 - The order of competition within each flight shall be by entry performance.
 - Any athlete without a performance mark will be added to the beginning of the flight.
- Athletes will have three (3) attempts in preliminary rounds and if they are in the top 8 after preliminary rounds, they will have 3 attempts in final rounds.
- All six (6) marks will be used to determine scoring
- The top 8 competitors per age group/gender shall advance to the Final and compete in inverse order of their preliminary mark with the best qualifier competing last. If there are 8 or fewer athletes each may have six attempts. Those without a valid (legal) attempt in the first three rounds will go first in the same order as the first attempt. Rule 180.4c
- Athletes that are in multiple events will inform the field event Flight Coordinator of all conflicting events.
- If a field event combines age/gender groups, the combined group is considered one flight or competition for warm up purposes.
- Warm Up for Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin: These events shall utilize a maximum of twenty (20) minute flight-specific warm up. Warm up should conclude several minutes before the scheduled start time to ready the venue and for final instructions.
- Athletes may not cross the track or leave the venue during competition. Rule 302.5s Note
- There are no courtesy marks. .

Absence from Competition – Horizontal Jumps and Throws

- The athlete must check out and check in with the Flight Coordinator. When a competitor is excused to participate in another event the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all final attempts if excused during the finals. Rule 180.10 and Rule 302.5(q)
- Failure to return within the preliminaries or finals shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event. USATF 302.5.q.

Long Jump & Triple Jump Board Placement (Subject to change depending on the entries and safety concerns.)

Long Jump

8 & under age group: 1m

9-10 age group: 1m

11-12 age group: 2m

13-14 age group: 2m

15-16 age group: 3m

17-18 age group: 3m

One board choice in the LJ. No second or third board.

Triple Jump

13-14 Girls: 7m & 9m (*Note: USATF rule book says 7m is the minimum for this age group/both genders. Can't use a shorter board*)

13-14 Boys: 7m & 9m

15-16 Girls: 7m & 9m

15-16 Boys: 9m & 11m

17-18 Girls: 8m & 10m

17-18 Boys: 9m & 11m

High Jump and Pole Vault

- If the number of entries necessitates flights, they should be as even in number as possible.
- Athletes will check in at the event venue when the first call is announced.
- The order of competition within each flight or competition shall be by entry performance. Any athlete without a performance mark will be added to the beginning of the flight or event sheet.
- Bar progressions will be set by USATF 302.5 (o).
- Vertical event Bar Progressions are listed below. Bar progression for HJ is 5cm and PV is 15cm
- PV coaches' box will be located on the inside of the track on the North side of the pole vault runway.
- HJ coaches' box will be located outside of the track on the South side of the track.
- Pole vaulters may check in well before the scheduled start time at the venue.
- Athletes may not cross the track or leave the venue during competition.
- Starting heights of the high jump and pole vault will be set by the Games Committee after reviewing the entry heights.

Absence from Competition – High Jump and Pole Vault

The athlete must check out and check in with the Flight Coordinator. The athlete has 10 minutes from the time they are excused to return to the event. Once the time has expired and the athlete has not returned at the bar height when excused, the bar will be raised, and the athlete will be passed to the next height. When the athlete returns, they will have the number of remaining attempts they had when they were excused. Athletes can be taken out of jumping order. Once the competition has finished (a winner is declared) the athlete will not be allowed any further jumps.

HIGH JUMP

Each age group/gender will be contested separately. Each competition will have their own warmup period based on the number of entries. The warmups for the second competition will begin upon completion of the first competition and so on. The order of the competitions and the starting heights are below. Starting heights are subject to change by the Games Committee. The bar will be raised in 5 cm increments.

<u>Division</u>	<u>Metric</u>	<u>Imperial</u>
9-10 Girls	0.88	2' 10 1/2"
9-10 Boay	0.91	2' 11 3/4"
11-12 Girls	1.07	3' 6"
11-12 Boys	1.10	3' 7 1/4"
13-14 Girls	1.20	3' 11 1/2"
13-14 Boys	1.33	4' 4 1/4"
15-16 Girls	1.25	4' 1 1/4"
15-16 Boys	1.40	4' 7"
17-18 Girls	1.35	4' 5"
17-18 Boys	1.59	5' 2 1/2"

Athletes reporting late, after competition starts are allowed to enter the competition but must enter at current position/height. See Rules 180.10.a and 180.17.c

POLE VAULT

- The Oregon Association Junior Olympic Championships will have 6 pole vault competitions. Each age group/gender will be contested separately.
- Each competition will have their own warm-up period based on the number of entries. The warm-ups for the second competition will begin upon completion of the first competition and so on. The order of the competitions and the starting heights are below. The starting heights are subject to change by the Games Committee. The bar will be raised in 15 cm increments.

<u>Division</u>	<u>Metric</u>	<u>Imperial</u>
13-14 Girls	1.75	5' 8 3/4"
13-14 Boys	2.10	6' 10 3/4"
15-16 Girls	1.85	6' 3/4"
15-16 Boys	3.15	10' 4"
17-18 Girls	2.28	7' 5 3/4"
17-18 Boys	3.50	11' 5 3/4"

- Athletes reporting late, after competition starts are allowed to enter the competition but must enter at current position/height. The athlete shall not be allowed to have practice trials using the competition area. See Rule s180.10.a and Rule 180.17.

Combined Events

General

- There will be a minimum of 30 minutes between each event.
- For High Jump the Field Referee will determine which of three CE progression charts to use. Height progression will be 3 cm.

Running Events

- The number of competitors in the heats of running events should be as even as possible.
- When possible, no fewer than three (3) competitors should start any section.
- Heats of the 100m, 400m and 110HH (Dec) and 100mH and 200m (Hep) shall be seeded by seasonal best mark. If **no current season** mark is available, competitors shall be seeded with NM.
- The order of the heats and assignment of lanes shall be random.
- 110mHH and 100mH will utilize alternate lanes (2-4-6-8) depending on the facility. Hurdles shall be placed in **all** lanes.
- Start position in the 800m (Hep) and 1500m (Dec) shall be assigned randomly. Hip numbers shall reflect the competitors placing in the overall competition going into the final event. These assigned numbers shall also be placed on the left chest and center back.
- When possible and practical, all competitors in the 800m and 1500m should run in one section. The 1500m shall start from a waterfall, while the 800m may utilize lanes or alleys, depending on the number of competitors. If more than one heat is required, competitors shall be grouped according to their **overall placing**. Highest ranked competitors by total score before the final event shall compete in the final section.

Field Events – Long Jump, Shot Put, Javelin, Discus

- Age groups within an event (i.e. Pentathlon, Heptathlon etc.) will compete as a combined event. Each age group will be scored separately.
- There will be a minimum of 30 minutes between events.
 - Warm-ups will be during that time.
- Failure to start any event will eliminate the athlete from the Combined Event competition.
- Athletes will have three (3) attempts.
- There are no courtesy marks.

High Jump

- Age groups within an event i.e. Pentathlon, Heptathlon etc.) would compete as a combined event. Each age group would be scored separately.
- There will be a minimum of 30 minutes between events.
 - Warm-ups will be during that time.
- Failure to start any event will eliminate the athlete from the Combined Event competition.

Pole Vault

- 15-16 age group and 17-18 age group may compete as a combined event, depending on number of athletes. Each age group will be scored separately.
- The Field Referee will determine the starting height after polling all the athletes. Height progression will be 15cm.
- All athletes will be weighed, including their shoes. Poles will be measured and inspected for the manufacturers weight rating label that is a minimum of $\frac{3}{4}$ inches, either on or above the top hand hold position determined by the manufacturer. Weight labels must be readable. An altered (cut) pole renders the pole illegal. Taping must be uniform.
- Weigh-ins and pole inspections shall be completed well before the first event on day 2. If this is not completed beforehand, athletes will have to complete this process during their warm-up period.