



2026 USATF Region 16 Junior Olympic Track & Field Championships

Thursday - Sunday, June 11 - 14, 2026

Thursday, Friday & Sunday
Cerritos College
11110 Alondra Blvd.
Norwalk, CA 90650

Saturday
Fullerton Union High School
201 E. Chapman Ave.
Fullerton, CA 92832

***Please note Thursday, Friday and Sunday will be contested at Cerritos College, Only Saturday will be contested at Fullerton Union High School.

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:



Age Divisions	
*	8 & under (born 2018 +)
	9 - 10 (born 2016-2017)
	11 - 12 (born 2014-2015)
	13 - 14 (born 2012-2013)
	15 - 16 (born 20010-2011)
**	17 - 18 (born 2008-2009)
*	Per USATF Rule, Article VI, Section I, Rule 300.1(c), "Athletes must be at least seven (7) years of age on December 31 st of the current year to compete at the Youth Athletics or Junior Olympic National Championships." An athlete who is not 7 by 12/31/26 may compete at the Regional Championship but will not advance to the National Junior Olympic Championships.
**	Per USATF Rule, Article VI, Section I, Rule 300.1(d), "Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Championships shall be eligible to compete in the 17-18 year old division through that meet." The last day of competition is July 27, 2026.

Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. Please refer to USATF Rules 300.1(g) and 300.1(h) for eligibility and residency requirements by reviewing the 2026 USATF competition rule book on page 166. Link for the rulebook is as follows <https://www.usatf.org/governance/rule-books> .

A competitor must compete in his/her age division only. 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. An athlete will not have a combined event count toward their maximum number of events.

• **Para-athletes are welcome to compete in the 100m, 200m, 400m and shot-put events per Rule 307.3-4**

Relay Teams: Only registered 2026 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.

Entry Process: Only athletes who are current members in good standing with USATF may compete. USATF membership must be completed online at www.usatf.org . This meet is part of the Junior Olympic Championship series (Association, Region, National). An athlete must have entered and competed at their Association Meet, unless their competition at the Association was waived into this Championship.

Proof Of Age: All athletes MUST have their age verified PRIOR to registration through the Athletic.net online registration system. Athletes or parents must upload an acceptable birthdate verification document under athlete verifications when completing their membership profile on the USATF Connect system. No Exceptions. Only the national office can verify date of birth information. Documents submitted for birthdate verification must be received no later than five (5) business days (excluding holidays) prior to the registration deadline of the USATF sanctioned event. Per USATF Rule 3001.1(i), acceptable proof of age shall be a copy of birth certificate, passport, certified baptismal record, driver's license, or US government identification. For more information about the proof of birth verification process visit: <https://www.usatf.org/home-normal/top-utility-nav-content/membership/date-of-birth-verification-policy>

SANCTION: Southern California Association USATF. USATF rules will apply with special provisions for youth athletics.

COACHES INFO: The Coaches meeting will take place Saturday 20 minutes prior to event start at center field.

ALL COACHES MUST BE REGISTERED, BACKGROUND CHECKED AND HAVE COMPLETED THE FULL COURSE OF SAFE SPORT!! IF YOUR CHILD IS BEING COACHED BY AN UNATTACHED COACH THEY TOO NEED ALL THE REQUIREMENTS!! KEEPING OUR CHILDREN SAFE IS OUR #1 PRIORITY!! COACHES WILL NEED TO OBTAIN A COLORED WRISTBAND FROM THE REGISTRATION TABLE IN ORDER TO ENTER THE FIELD AT ANY TIME. THE LIST OF APPROVED COACHES WILL COME DIRECTLY FROM THE USATF COACHES REGISTRY. IT IS YOUR RESPONSIBILITY TO MAKE SURE THAT YOUR NAME IS ON THAT LIST. NO ONE WILL BE ALLOWED ON THE FIELD WITHOUT A WRISTBAND.

STARTING BLOCKS: Starting blocks will be provided. Personal blocks will not be allowed onto the track.

MEET REGISTRATION

Online Registration: Athletic.net is the online meet registration system for the USATF Junior Olympic Championship series. Entries must be completed by the established declaration period. To enter the meet go to www.athletic.net and select the Region 16 Junior Olympic Track and Field Championships on the calendar of events or you can use this direct link <https://www.athletic.net/TrackAndField/meet/589950/register>

Waiver & Release: All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed electronically upon registering an athlete for the first round of the Junior Olympic series.

Waiver Provisions to the National Junior Olympic Championship:

Per USATF Competition Rule 306.2(b) "Athletes who compete in the U20 National Championship, United States Olympic Selection competition, Youth Olympic Games Trials – Track and Field, Youth World Games, Youth Outdoor Championship on either the Heptathlon or Decathlon and achieve that event's standard, or additional sanctioned meets or events authorized by the National Youth Executive may be entered into the National Junior Olympic meet without having to compete in the Association or Regional meet provided they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the national meet must be made prior to the Regional meet via the Regional coordinator and given to the National Youth Executive Committee." **Please note, 2026 National "Shoe Meets", including Nike and New Balance, are NOT approved for waiver into the National Junior Olympic Championship.**

Per USATF Competition Rule 306.1(e) "The Youth Athletics Executive Committee may advance any athlete into the National Junior Olympic meet because of extraordinary circumstances. The request shall be made in writing to the Association Youth Chair, who shall then submit it to the Regional Coordinator, who shall then submit to the Zonal Representative who shall then submit to the Youth Athletic Executive Committee for review." **Note: An exceptional circumstance is uncommon and/or out of the ordinary.**

Entry Fees:

Individual Entries:	\$13 per event	Triathlon/Pentathlon:	\$21 per event
Relay Entries:	\$52 per relay team	Decathlon/Heptathlon:	\$26 per event

Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/TrackAndField/meet/589950/register> by **June 9 at 11:59 PM PDT**. **Late entries will not be accepted.** Online registration opens on May 15, 2026 at approximately 2 PM PDT. Accuracy of data entered is the responsibility of each club and/or athlete. **Pre-authorization of a credit card will be required for team entries and unattached entries will require immediate payment.** Entry fee must be paid in full prior to athlete participation. Entry fee must be paid online via the online registration system prior to close of the declaration period. Athletic.net charges a processing fee, the host association does not receive any proceeds from this processing fee.

Advancements: The top **5** individuals and relay teams and the top **2** individuals in the combined event and any others who meet the performance standard in each age division shall advance to the National Junior Olympic Championships to be held on July 27 -August 2, 2026 at Falcon Stadium - Cerritos College Norwalk, CA. Information is available at: <https://www.usatf.org/events/2026/2026-usatf-national-junior-olympic-track-field-cha>

Awards: USATF Junior Olympic medals will be awarded to the top five (5) individuals and relay teams in each event of each age division.

Packet Pick-up: Teams and Unattached athletes may pick up their packet at the following times

Packet Pick Up Schedule		
Location	Date	Time
Cerritos College	Thursday, June 11	6:30 AM
Cerritos College	Friday, June 12	6:30 AM
Cerritos College	Friday, June 13	4:00 PM
Fullerton High School	Saturday, June 14	6:30 AM
Cerritos College	Sunday, June 15	6:30 AM

Cerritos College – packet pick up will be located at the entrance of track

Fullerton High School – packet pick will be located at the entrance of track

Event Check-in: Athletes competing in a track event must check in with the Clerk of the Course. Athletes competing in a field event should report directly to the specific event site for check in.

Competition Bib Numbers: All competitors must wear their assigned bib number on the front of their jersey/uniform. Bib numbers will be placed in the team or unattached athlete packets. The replacement cost for a lost bib is \$10 payable by cash only. New bibs can be purchased lost at the stadium.

Implements: All athlete implements must be weighed at the designated area.

Implement Weigh In Schedule		
Location	Date	Time
Cerritos College	Thursday, June 11	6:30 AM
Cerritos College	Friday, June 12	6:30 AM
Cerritos College	Friday, June 12	4:00 PM
Fullerton High School	Saturday, June 13	6:30 AM
Cerritos College	Sunday, June 14	6:30 AM

Cerritos College – weights and measures will be located at the entrance of track

Fullerton High School – weights and measures will be located at the entrance of track

Schedule of Events:

Thursday June 11, 2026 – Cerritos College, Falcon Stadium (Multi Events)

Combined Events:

7:00 AM	Heptathlon (Day 1) 15-16G & 17-18G 100 Hurdles (33") High jump Shot put (4kg) 200M	7:30 AM	Pentathlon 13-14G & 13-14B 100 Hurdles (30") G, (36") B Shot Put (6lb) G, (4kg) B High Jump Long Jump 800M (G) 1500M (B)
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8:00 AM	Decathlon (Day 1) 15-16B & 17-18B 100m dash Long jump Shot put (12lb) High Jump 400m Dash
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Running Events – start time 8:15 AM

4x100M Mixed 15-16, 17-18*
4X800M Mixed 15-16, 17-18**
2000M Steeplechase 13-14G/B, 15-16G, 17-18G (30") 15-16B, 17-18B (36")

Field Events – start time 9:30 AM

Hammer Throw 15-16G, 15-16B, 17-18G, 17-18B

- * 4x100 order of athletes will be girl, girl, boy, boy
** 4x400 and 4x800 order of athletes will be boy, girl, boy, girl

Friday June 12, 2026 – Cerritos College, Falcon Stadium (Multi Events)

Combined Events:

7:00 AM	Heptathlon (Day 2) 15-16G & 17-18G Long jump Javelin (600g) 800M	7:00 AM	Decathlon (Day 2) 15-16B & 17-18B 110 hurdles (39") Discus Throw (1.6kg) Pole Vault Javelin Throw (800g) 1500M
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7:30 AM	Pentathlon 11-12G & 11-12B 80M Hurdles (30") Shot Put (6lb) High Jump Long Jump 800M (G) 1500M (B)	9:00 AM	Triathlon 9-10G & 9-10B Shot Put (6lb) High Jump 200M (G) 400M (B)
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Field Events – start time 9:30 AM

Javelin 13-14B 13-14G 15-16G 17-18W (600g) 15-16B 17-18M (800g)
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Friday June 12, 2026 – Cerritos College, Falcon Stadium

Running Events – start time 4:00 PM

4x400M Mixed 15-16, 17-18**
400m dash (Prelim) - All divisions, Para through 17-18B
3000m run (Final) - 11-12G through 17-18B

Field Events – start time 4:00 PM

Long Jump 15-16G, 15-16B
Aero Javelin 11-12G, 11-12B

Saturday June 13, 2026 – Fullerton High School, Jackrabbits Stadium

Running Events – start time 7:00 AM

3000m race walk (final) - 13-14G 13-14B 15-16G 15-16B 17-18G 17-18B
1500m race walk (final) 9-10G 9-10B 11-12G 11-12B
1500m run (Final) 8UG through 17-18B
110m hurdles (Semi Final) 17-18B 15-16B
100m hurdles (Semi Final) 13-14B 17-18B 15-16G 13-14G
80m hurdles (Semi Finals) 11-12B 11-12G
100m dash (Semi Final) All Divisions beginning with Para through 17-18b
400m dash (Final) All divisions beginning with para through 17-18 boys
4x800m relay 11-12g through 17-18b
4x100m relay (Semi Final) 8uG through 17-18B
200 meter dash (Semi Final) - All divisions beginning with Para through 17-18B

Field Events – start time 7:00 AM

High Jump(Pit 1) 9-10B, 11-12B, 13-14B, 15-16B, 17-18B
Long Jump (Pit 1) 17-18g, 9-10g,8UG, 13-14G, 11-12G
Long Jump (pit 2) 17-18B, 9-10B, 8UB, 13-14B, 11-12B
Mini Javelin - 9-10G, 9-10B, 8UG, 8UB
Shot Put 13-14G, 13-14B, 15-16g, 15-16b, 17-18g, 17-18b
Discus 17-1Gg, 17-18B, 11-12G, 11-12B, 15-16G, 15-16B, 13-14G, 13-14B

Sunday June 14, 2026 – Cerritos College, Falcon Stadium

Running Events – start time 7:00 AM

400m hurdles (Final) - 17-18B 15-16B 17-18G 15-16G
200m hurdles (Final) - 13-14B 13-14G
4x100m relay (Final) - All divisions beginning with 8u G through 17-18b
100m dash (Final) - All divisions beginning with Para through 17-18b
800m run (Final) - All Divisions beginning with 8u G through 17-18b
200m dash (Final) - All Divisions beginning with Para through 17-18b
110m hurdles (Final) - 17-18B 15-16B
100m hurdles (Final) - 13-14B, 17-18G, 15-16B, 13-14G
80m hurdles (Final) - 11-12B, 11-12G
4x400m relay (Final) - All divisions beginning with 8UG through 17-18
Mixed 4x1 Final (if needed)

Field Events – start time 7:00 AM

High Jump (Pit 1) 9-10G, 11-12G, 13-14G, 15-16G, 17-18G
Triple Jump - 13-14B, 15-16B, 17-18B
Triple Jump - 15-16G, 17-18G, 13-14G
Shot Put - Para, 9-10G, 9-10B, 11-12G, 11-12B, 8UG, 8UB
Pole Vault - 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

Event Results: During competition, Live results will be available at athletic.live and posted on www.athletic.net.

Protests: There will be a **\$100.00 cash only** fee for all protests. Protests must be submitted to the Protest table as soon as possible and not later than 30 minutes after a result has been announced/posted. The protest fee will be refunded if the protest is upheld. The protest table will be in the storage room on the home side of the stadium.

Gate Admission Fees: Admission to this USATF Souther California Association Youth Championship is free.

Parking: There will be a daily parking fee at Cerritos College and \$5 parking fee at Fullerton High School. Please respect all posted parking restrictions. The Southern California Association will not be held liable for the illegal parking of any guest. Limited parking will be available on Friday 6/12/26 at Cerritos College. The main lot will be closed, only parking available in back lot. Please allow more time and prepare accordingly.

RV Parking: No RV Parking available

Facility Information: Cerritos College and Fullerton Union High School are all weather tracks. Only 3/16th pyramids spikes or smaller may be worn. Spike shoes will be inspected prior to athlete participation. Competitors who do not have the proper spikes will not be permitted to compete.

CLUBS: All teams with more than three athletes, please be prepared to pay your \$30.00 clean - up fee when you pick up your team packet. Payment MUST be in the form of electronic payment, a team check, cashier check or money order made payable to SCA.

Concession: Concession stand and food trucks will be available at both Cerritos Community College and Fullerton Union High School.

Vendors: Vendors will be available selling specialty items.

Event Merchandise: Commemorative clothing will be available for purchase.

CONTACT:

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