

**2019 USATF  
Region 7  
JUNIOR  
OLYMPICS  
CHAMPIONSHIPS**

**July 11-14, 2019  
Joliet Memorial Stadium  
3000 Jefferson Street  
Joliet, Illinois**



**Region 7 Combined Events Schedule**

**Day # 1 Thursday, July 11**

8:00am: Heptathlon	9:00 am: Pentathlon	10:00 am: Decathlon
15-18 (G)	13-14	15-18 (B)
100H	110H	100
HJ	SP	LJ
SP	HJ	SP
200	LJ	HJ
	800/1500 (YG/YB)	400

**Day #2 Friday, July 12**

8:00am: Decathlon	9:00 Pentathlon	10:30 am: Heptathlon	11:00am:Triathlon
15-18 (B)	11-12	15-18 (G)	9-10
110H	80H	LJ	SP
DT	SP	JT	HJ
PV	HJ	800	200/400
JT	LJ		
1500	800/1500		

Note: The Hammer Throw (ages 15-18, girls then boys). The approximate start time is 3:30 pm on Friday, July 12.

- **Combined Events Registration:** Registration/entry for combined events is at the following site: [www.athletic.net](http://www.athletic.net). Go to Search. Look for USATF Region 7 Combined Events. The deadline is Sunday, July 7, 2019 at 11:59 pm. Day of meet registration will not be allowed.
- **Fees:** Triathlon (9-10 ..... \$15), Heptathlon (15-18 ..... \$20), Pentathlon (11-14...\$15) and Decathlon (15-18 .....\$20).
- **USATF Membership is required.** When applying for USATF membership for the first time, a valid proof-of-age document must be received with the membership application.
- **Qualification for advancement to the USATF Jr. Olympics National Champions,** July 22 – 28, in Sacramento, California. Top two (2) places

automatically advance. Note: Anyone making the performance standard can also advance to the national competition. "Performance Standard" listed at <http://www.usatf.org/Events---Calendar/2019/USATF-National-Junior-Olympic-Track---Field-C.aspx> .

- **National Registration Fees:** All athletes must declare and pay for National Jr. Olympics advancement at the following site: [www.athletic.net](http://www.athletic.net). Fees are as follows: \$10.00 per individual event, \$40.00 per relay, \$20.00 triathlon/pentathlon, and \$24.00 decathlon/heptathlon.

## 2019 Region 7 Running & Field Events Schedule

### Saturday, July 13

Running Events (8:00am)  
 3000 (F)  
 100 (P)  
 200H (F)  
 400H (F)  
 800 (F)  
 100 (F)  
 4x800 (F)  
 4x100 (F)

Field Events (8:00 am)  
 LJ (0-10)  
 Triple Jump (All)  
 Pole Vault (Boys)  
 High Jump (Girls)  
 Shot Put (Boys)  
 Discus (Girls) then  
 Javelin (Girls)

### Sunday, July 14

Running Events (7:00am)  
 Steeplechase (F)  
 Race Walks (F)  
 110/100/80H  
 80/100/110H  
 400 (F)  
 1500 (F)  
 200 (F)  
 4x400 (F)

Field Events (8:30am)  
 LJ (11-18)  
 High Jump (Boys)  
 Shot Put (Girls)  
 Discus (Boys) then  
 Javelin (Boys)  
 Pole Vault (Girls)

- **Events Registration:** Registration/entry for running and field events is at the following site: [www.athletic.net](http://www.athletic.net). Go to Search. Look for USATF Region 7 Junior Olympics T&F Championships. The deadline is Tuesday, July 9, 2019 at 5:00 pm. Day of meet registration will not be allowed.
- **Fees:** Individual events are \$9.00 each. Relays are \$36.00.
- **Packet Pickup:** Saturday, July 13<sup>th</sup> at 7:00 am thru Sunday, July 14<sup>th</sup>, at the track. Please allow enough time for pickup before each event.
- **Admissions:** The admission fee is \$10.00 per day for Saturday and Sunday. An admission fee is not charged for Thursday and Friday. Children 4 & under are free. Only those coaches whose name appears on the Coaches Registry are admitted free.
- **Starting Heights:** To be determined by the field judge for each age division at each event.
- **Medical:** Medical trainers will be on site and available where needed.
- **T-Shirts:** Fine Designs will sell "Region 7 Jr. Olympics Championship" t-shirts.
- **National Jr. Olympics Qualification:** The top five (5) finishers in each event at the Region 7 meet qualify to advance to the JO National Championship, July 22-28, in Sacramento, California.
- **Athletes 10 & Under:** must be picked up by a parent or coach after each competition. They will be held in the hiping and clerking area.

### Additional Information/Contacts: contacts:

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