



# 2019 USATF Iowa Association Junior Olympic Track & Field Championships



Saturday - Sunday, June 15-16,  
2019  
Iowa State University, Ames,  
Iowa

## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

8 And Under	(born 2011+)
9-10	(born 2009-2010)
11-12	(born 2007-2008)
13-14	(born 2005-2006)
15-16	(born 2003-2004)
17-18	(born 2001-2002)

\* athletes born in 2000 are also eligible if they do not turn 19 on or before 7/28/2019



**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 and Under, 9-10, and 11- age group divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13-14, 15-16, and 17-18 age group 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 2019 members of USATF in good standing.

**Relay Teams:** Only registered 2019 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](http://www.usatf.org) and select "Products/Services" to become a member.

## ENTRY PROCESS:

Individual Entries: **\$7** per event

Relay Entries: **\$28** per relay team

Club Administrators and Unattached Athletes should register online at:

<https://www.athletic.net/TrackAndField/meet/377443/register> by 06/10/2019 at 11:30 pm. **Late entries will not be allowed.** Online registration opens **05/1/2018**. **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.

**Valid 2019 USATF Membership and Proof of Birth is needed to compete.** Before the meet start date, please ensure that the membership chair has received (via mail or email) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification). See Rule 300.1 (h) for further explanation.

**Membership Chair: Emily Hansen** (or contact Jim Walczyk)

**Address:** 906 Fairmeadow Drive, Webster City, IA 50595

**For questions, contact at:** (515) 851-1972 or [emilyrhansen@gmail.com](mailto:emilyrhansen@gmail.com)

**AWARDS:** USATF Junior Olympic medals will be awarded to the top six (6) individuals and the top six (6) relay teams in each event of each age division.

**ADVANCEMENTS:** The top 8 individuals and top 8 relay teams in each event of each age division will advance to the USATF Region 8 Championships to be held on July 4-7 at Fargo South High School, Fargo, ND. Advancements for the Region 8 meet will be completed by registering through Athletic.net also. Site link will be available on the Region 8 site - <http://usatfregion8.com/> by 6/22/2019.

The National Championships will be held from Tuesday, July 23 to Sunday, July 28 in Sacramento, CA. The top 5 athletes at the Region 8 Championships will qualify for the National Championships. Information is available at: <http://www.usatf.org/Events---Calendar/2019/USATF-Hershey-National-Junior-Olympic-Track---Fiel.aspx>

## SCHEDULE:

### SATURDAY, JUNE 15

#### TRACK EVENTS - 9:00 AM

1500 Meter Walk  
 3000 Meter Walk  
 3000 Meter Run  
 Hurdles - 80 Meters (8 - 30")  
     100 Meters (10 - 30")  
     100 Meters (10 - 33")  
     100 Meters (10 - 33")  
     110 Meters (10 - 39")  
 100 Meter Dash

(Finals)  
 (Finals)  
 (Finals)  
 (Trials)  
 (Trials)  
 (Trials)  
 (Trials)  
 (Trials)  
 (Trials)  
 (Trials)

#### ELIGIBLE PARTICIPANTS:

9-10, 11-12 (Girls & Boys)  
 13-14, 15-16, 17-18 (Girls & Boys)  
 11-12, 13-14, 15-16, 17-18 (Girls & Boys)  
 11-12 (Girls & Boys)  
 13-14 (Girls)  
 13-14 (Boys)  
 15-16, 17-18 (Girls)  
 15-16, 17-18 (Boys)  
 All (Girls & Boys)

200 Meter Dash  
 100 Meter Dash  
 100 Meter Dash (if needed)  
 800 Meter Run  
 4 X 100 Meter Relay  
 2000 Meter Steeplechase

#### OFFICIAL BREAK - FUN RUN

(Trials)  
 (Semi-Finals)  
 (Semi-Finals)  
 (Finals)  
 (Finals)  
 (Finals)

All (Girls & Boys)  
 9-10, 11-12, 13-14 (Girls & Boys)  
 15-16, 17-8 (Girls & Boys)  
 All (Girls & Boys)  
 All (Girls & Boys)  
 15-16, 17-18 (Girls & Boys)

#### FIELD EVENTS

Long Jump **8:30 AM**

High Jump **9:00 AM**

Turbo/Aero Javelin **8:30 AM**

Shot Put **app 9:30 AM following mini jav**

Discus **app 9:30 AM following mini jav**

Javelin **following discus**

#### ORDER OF COMPETITION:

9-10, 8-under, 11-12, 13-14 Girls (Pit 1)  
 8-under, 9-10, 11-12, 13-14 Boys (Pit 2)  
 9-10, 11-12 (Girls), 9-10, 11-12 (Boys), 13-14 (Girls), 13-14 (Boys),  
 15-16, 17-18 (Girls), 15-16, 17-18 (Boys)  
 8-under, 9-10, 11-12 (Girls), 11-12, 9-10, 8-under (Boys)  
 8-under, 9-10, 11-12, 13-14 (Girls), 8-under, 9-10, 11-12, 13-14 (Boys)  
 11-12, 13-14 (Boys), 11-12, 13-14 (Girls)  
 13-14 (Girls), 13-14 (Boys)

### SUNDAY, JUNE 16

#### TRACK EVENTS - 9:00 AM

3000 Meter Walk  
 4 X 800 Meter Relay  
 800 Meter Run  
 Hurdles - 80 Meters (8 - 30")  
     100 Meters (10 - 30")  
     100 Meters (10 - 33")  
     100 Meters (10 - 33")  
     110 Meters (10 - 39")

(Finals)  
 (Finals)  
 (Finals)  
 (Trials)  
 (Trials)  
 (Trials)

#### ELIGIBLE PARTICIPANTS:

Masters  
 11-12, 13-14, 15-16, 17-18 (Girls & Boys)  
 Open/Masters  
 11-12 (Girls & Boys)  
 13-14 (Girls)  
 13-14 (Boys)  
 15-16, 17-18 (Girls)  
 15-16, 17-18 (Boys)

**Open and Masters Hurdles will be mixed in at appropriate distance/height and will run before youth respectively**

100 Meter Dash  
 100 Meter Dash  
 3000 Meter Run  
 200 Meter Hurdles (5 - 30")  
 300 Meter Hurdles  
 400 Meter Hurdles  
 Hurdles - 400 Meter (10 - 30")  
     400 Meter (10 - 36")  
 200 Meter Dash  
 200 Meter Dash

(Finals)  
 (Finals)  
 (Finals)  
 (Finals)  
 (Finals)  
 (Finals)  
 (Finals)  
 (Finals)  
 (Finals)

Open/Masters  
 All (Girls & Boys)  
 Open/Masters  
 13-14 (Girls & Boys)  
 Open/Masters  
 Open/Masters  
 15-16, 17-18 (Girls)  
 15-16, 17-18 (Boys)  
 Open/Masters  
 All (Girls & Boys)

#### OFFICIAL BREAK - FUN RUN

400 Meter Dash  
 400 Meter Dash  
 1500 Meter Run  
 1500 Meter Run  
 4 X 400 Meter Relay  
 2000 Steeplechase

(Finals)  
 (Finals)  
 (Finals)  
 (Finals)

Open/Masters  
 All (Girls & Boys)  
 Open/Masters  
 All (Girls & Boys)  
 All (Girls & Boys)  
 Open/Masters

#### FIELD EVENTS

Long Jump **8:30 AM**

Pole Vault **9:30 AM**

High Jump **9:00 AM**

\*\*Triple Jump (after Long Jump)

#### **Throws - Youth**

Hammer Throw **8:30 AM**  
 Shot Put (follows Hammer Throw)  
 Discus (follows Shot Put)  
 Javelin (follows Discus)

#### ORDER OF COMPETITION:

15-16, 17-18 (Girls), 15-16, 17-18 (Boys), Open/Masters  
 13-14, 15-16, 17-18, open/Masters (Female, Male – all together)  
 Open/Masters  
 13-14, 15-16, 17-18 (Girls), 13-14, 15-16, 17-18 (Boys), Open/Masters  
 15-16, 17-18 (Girls), 15-16, 17-18 (Boys)  
 15-16, 17-18 (Girls), 15-16, 17-18 (Boys)  
 15-16, 17-18 (Girls), 15-16, 17-18 (Boys)  
 15-16, 17-18 (Girls), 15-16, 17-18 (Boys)

### Throws – Open Masters

Javelin	9:00 AM				
Shot Put	(follows Javelin)	Hammer Throw	(follows Discus)	Superweight	(follows Weight)
Discus	(follows Shot Put)	Weight Throw	(follows Hammer Throw)		

\*\* all Open/Masters throws 6 throws, no finals.

**EVENT DECLARATION:** Athletes are required to report to the hiping tent when they are called. We will try to call for age groups in events, rather than all age groups – unless the event dictates to do otherwise (4x8, 4x1, etc). Check-in for Field events will be at the respective field venues.

**HIPPING TENT:** The hiping tent is located in the large field behind the grandstand. It is a huge yellow and red tent. **Only athletes and officials are allowed in this area.** This is where lane assignments and hip numbers will be given. Athletes must report to this area when called – usually 15-25 minutes prior to their race. If in a field event at that time, please let the field event official know, and have a coach or parent check you in at the hiping tent.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition and on the front of their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$5. Bib numbers will be distributed to athletes at the meet check in tent/table.

**EVENT RESULTS:** During competition, event results will be posted on the southeast side of the entrance building. Live results will be posted on line at [www.usatf-iowa.org](http://www.usatf-iowa.org).

**PROTESTS:** A \$50.00 cash fee is required for all protests. A written protest must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded ONLY if the protest is upheld.

**RULES – CONDUCT & FACILITY:** The ISU track is an all-weather track and requires spikes **no longer** than 1/4". **We will be checking spikes and any illegal spikes will not be allowed.**

If you are participating in a field event and a running event - you **MUST CHECK IN TO THE FIELD EVENT**. If your running event is called, tell the person in charge know that you are going to run, then return immediately after your race to complete the field event competition.

\* **Absolutely NO PARENTS OR COACHES will be allowed on the infield, on the track or in the hiping area.**

\* **Athletes are expected to set their own starting blocks. NO PARENTS OR COACHES will be allowed on the track to assist.**

There will be absolutely no electronic equipment allowed in the competition area. Pursuant to USATF Rule 144.3(b): The use by athletes of video or audio cassette recorders or players, TV's, CD or DVD players, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition area shall not be permitted.

All spectators, coaches, and competitors must stay off the rails of the grandstands. If necessary, the meet will be held up until the rails are cleared.

**Tents and umbrellas are not permitted in the grandstands.** Tents are permitted in the grassy area along the fence, except for the area immediate of the finish. **Do not place tents over sidewalks or walking areas.** Failure to comply, could result in confiscation until the end of the meet.

**Field Events:** Field events competitors will be given 4 throws/jumps. There will not be finals.

**Discus:** Rubber Discus are **not allowed in** competition. Rule 189.2 The Games Committee will furnish appropriate discs if you do not have one.

### Running Events:

**Heating/Seeding –** Running events with prelims and semis will be random seeding in heats. The top sixteen (16) will advance from prelims to semis. The top eight (8) from semis to finals. Finals that have one (1) heat ran in lanes will have the top four (4) advancers randomly seeded in the inside four (4) lanes, and the other runners randomly seeded in the outside four (4) lanes, per USATF rules. Finals that have more than one (1) heat will have the fastest seeded runners in the last heat.

Prelims races that have eight (8) or less participants will be ran as a final at the time of the prelim race.

ALL RELAYS WILL HAVE TO FILL OUT A RELAY CARD PRIOR TO RUNNING. Relays must have matching tops.

\*\* A relay team **MUST** be registered as a USATF club in order to advance to the Regional meet. The cost to establish a club is \$50.00. Club applications are available on-line, or contact Jim Walczyk at [clubs@iowa.usatf.org](mailto:clubs@iowa.usatf.org)

It is the Athletes responsibility to be on time for his/her event. Listen for the calls on the public address system.

**GATE ADMISSION FEES:** \$5.00 each day; Students \$2.00; Under 10 Free

**For more information visit the website - <http://www.usatf-iowa.org/youth/>**

**CONTACT:**

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