



2023 USATF Iowa Association Junior Olympics Track & Field Championships

Saturday - Sunday, June 17-18, 2023
Ames High School, Ames, Iowa



AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

| | |
|-------------|------------------|
| 8 And Under | (born 2015+) |
| 9-10 | (born 2013-2014) |
| 11-12 | (born 2011-2012) |
| 13-14 | (born 2009-2010) |
| 15-16 | (born 2007-2008) |
| 17-18 | (born 2005-2006) |

* athletes born in 2004 are also eligible if they do not turn 19 on or before 7/30/2023



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- 12 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 2023 members of USATF in good standing.

Relay Teams: Only registered 2023 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 and select "Products/Services" to become a member.

ENTRY PROCESS:

Individual Entries: **\$8** per event

Relay Entries: **\$32** per relay team

Club Administrators and Unattached Athletes should register online at:

<https://www.athletic.net/edit/track/meet/register/4920898>

by 06/12/2023 at 11:59 pm. **Late entries will not be allowed.** Online registration opens **05/13/2023**. **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 2023 USATF Membership and Proof of Birth is needed to compete. Before the meet start date, please ensure that the athletes verification status is current on the USATF Connect site. If not you will need to upload a form of identification for verification. Verification can be a copy of the athlete's Proof of Birth (copy of birth certificate, passport, driver's license, or U.S. government identification). See Rule 300.1 (i) for further explanation. **Verification approval can take as many as 5 business days, so do this NOW.**

Membership Questions: Chair: Jim Walczyk

For questions, contact at: (515) 771-42461972 or jim.walczyk@gmail.com

AWARDS: 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 13-16 at University of Wisconsin-LaCrosse, LaCrosse, WI. 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.org/> by 6/26/2023.

Region 8 – July 13-16, University of Wisconsin-LaCrosse, LaCrosse, WI <https://usatfregion8.org/regional-championships>

National - July 24-30, Hayward Field, Eugene, OR, <https://www.usatf.org/events/2023/2023-usatf-national-junior-olympic-track-field-cha>

SCHEDULE:

SATURDAY, JUNE 17

TRACK EVENTS - 9:00 AM

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

OFFICIAL BREAK - FUN RUN

| | | |
|---------------------|----------|--------------------|
| 200 Meter Dash | (Trials) | All (Girls & Boys) |
| 800 Meter Run | (Finals) | All (Girls & Boys) |
| 4 X 100 Meter Relay | (Finals) | All (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 girls mini jav**

Discus **app 10:00 AM following boys mini jav**

Javelin **app 1:30 PM 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 18

TRACK EVENTS - 9:00 AM

| | |
|-------------------------------|----------|
| 3000 Meter Walk | |
| 4 X 800 Meter Relay | (Finals) |
| 800 Meter Run | |
| Hurdles - 80 Meters (8 - 30") | (Finals) |
| 100 Meters (10 - 30") | (Finals) |
| 100 Meters (10 - 33") | (Trials) |
| 100 Meters (10 - 33") | (Trials) |
| 110 Meters (10 - 39") | (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 | (Finals) |
| 3000 Meter Run | |
| 200 Meter Hurdles (5 - 30") | (Finals) |
| 300 Meter Hurdles | |
| 400 Meter Hurdles | |
| Hurdles - 400 Meter (10 - 30") | (Finals) |
| 400 Meter (10 - 36") | (Finals) |
| 200 Meter Dash | |
| 200 Meter Dash | (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 | | Open/Masters |
| 400 Meter Dash | (Finals) | All (Girls & Boys) |
| 1500 Meter Run | | Open/Masters |
| 1500 Meter Run | (Finals) | All (Girls & Boys) |
| 4 X 400 Meter Relay | (Finals) | All (Girls & Boys) |

FIELD EVENTS

Long Jump **8:30 AM**

High Jump **9:00 AM**

**Triple Jump (after Long Jump)

ORDER OF COMPETITION:

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

Throws – Youth

| | | |
|----------|--------------------|---|
| Javelin | 8:30 AM | 15-16, 17-18 (Girls), 15-16, 17-18 (Boys) |
| Shot Put | (follows Javelin) | 15-16, 17-18 (Girls), 15-16, 17-18 (Boys) |
| Discus | (follows Shot Put) | 15-16, 17-18 (Girls), 15-16, 17-18 (Boys) |

Throws – Open Masters

| | | |
|----------|--------------------|---|
| Javelin | 9:30 AM | |
| Shot Put | (follows Javelin) |) |
| Discus | (follows Shot Put) |) |

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

Throwing Events: The throws venue is a couple blocks away from the main track. We will do our best efforts to work with any throwers who are also in running events.

Steeplechase and Pole Vault: This year's meet is being held at the high school track due to construction and inability to use the ISU track. Because of this we are unable to hold these 2 events. If this is an event you would like to participate in at the Region 8 meet, please contact Jim Walczyk to discuss.

Hammer Throw: This year's meet is being held at the high school track due to construction and inability to use the ISU track. Because of this we are unable to hold this event during the meet. We have made arrangements to hold the hammer competition during the combined events meet on Sunday June 25 at Central College.

Combined Events: This year's combined events meet will be held Saturday/Sunday June 24/25 at Central College. Please see the USATF-Iowa website for further information.

EVENT DECLARATION: Athletes are required to report to the hiping tent (SE end zone) 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 SE end zone. **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 they will work with the hiping tent to get you where you need to be.

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: Live results will be posted on line at <http://www.wayzataresults.com/>.

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 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, let 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 will be allowed in the south grandstands only (the visitors side). Tents are not permitted anywhere else in the arena.

Per Ames School District policy, pets are not allowed in the facility.

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 will be random seeding in heats. The top eight (8) will advance from prelims 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 \$55.00. Club applications are available on-line, or contact Jim Walczyk at 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: \$10.00 for 2 day pass; \$6.00 each day; Students \$2.00; Under 10 Free

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

CONTACT:

| | | |
|----------------------|-----------------------|----------------------|
| Name: | Jim Walczyk | Britta Wey |
| Phone Number: | (515) 771-42456 | (515) 770-2038 |
| E-mail: | jim.walczyk@gmail.com | britta.vey@gmail.com |