



2019 USATF Dakotas Association Junior Olympic Track & Field Championships

Friday - Saturday, June 14-15, 2019
South High School, Gelaine Orvik Track- Fargo, ND

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

8 & 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 2001 are also eligible if they do not turn 19 on or before 7/30/2019



Event Entry:

- Step 1: Verify your age – send proof of age to youth chair.
Step 2: Become a USATF Member – go to www.usatfdakotas.com
Step 3: Go to Athletic.net and enter into the meet.

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 & 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. 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/membership.

ENTRY PROCESS:

- Individual Entries: \$6 per event
Relay Entries: **\$24** per relay team
Decathlon/Heptathlon: \$10 per event
Triathlon/Pentathlon: \$6 per event

Club Administrators and Unattached Athletes should register online at **link coming soon to direct Athletic.net**. **Late entries will not be allowed. Fees must be paid online by the close of registration by noon on Wednesday, June 13.** 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. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

Valid 2019 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate,

passport, certified baptismal record, drivelynne.nacke@northern.edur's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

Youth Chair: Tim McLagan

For questions, contact at: timclagan@hotmail.com, 701-219-4771

Waiver 300 Rule:

Athletes not from the Dakotas Association must fill out a waiver 300 form for permission to compete at another association meet: <https://usatf.wufoo.com/forms/youth-member-rule-300-h-waiver/>

AWARDS: USATF Junior Olympic medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

ADVANCEMENTS: The top 8 individuals and relay teams in each event of each age division will advance to the USATF Region 8 Championships to be held on July, 4-7 Fargo, ND. Advancements must be completed by declaring at Athletic.net.

The National Junior Olympic Championships will be held from Monday, July 22nd to Sunday, July 28th in Sacramento, CA. The top 5 athletes at the Region 8 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp>

SCHEDULE:

Friday, June 14th – Combined Events Day 1

12:00PM	Decathlon (100, LJ, SP, HJ, 400m) 15-16(B), 17-18(M), OPEN, MASTERS
12:30PM	Heptathlon (100H, HJ, SP, 200) 15-16(G), 17-18(W), OPEN, MASTERS
4:00PM	Pentathlon (80H, LJ, SP, HJ, 800/1500) 11-12(G-B), 13-14(G-B) Triathlon (SP, HJ, 200/400) 9-10(G), 9-10(B)

Saturday, June 15th - Combined Events – Day 2

9:00AM	Decathlon (110H, Discus, PV, Javelin, 1500) Heptathlon (LJ, Javelin, 800)
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Field Events – Day 2 – June 15th- Day 2

**indicates estimated times*

Open/Masters athletes will compete in the older age group sections

9:00AM	1500RW (9-10) 11-12), 3K (13-14) (15-16) (17-18), 5K Racewalk Championships
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12:00PM	Pole Vault Girls– (13-14), (15-16), (17-18)
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High Jump Girls –	(13-14), (15-16), (17-18) *(12:00-1:00) (9-10), (11-12) *(1:00-2:00)
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Long Jump Boys –	(8 & U), (9-10), (11-12) *Cafeteria Style per Age Sections *(12:00-1:30) *4 jumps (13-14), (15-16), (17-18) *Cafeteria style per age Sections *(1:30-on) *4 jumps
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Long Jump Girls -	(8 &U), (9-10), (11-12) *Cafeteria Style per Age Sections *(12:00-1:30) *4 jumps (13-14), (15-16), (17-18) *Cafeteria Style per Age Sections *(1:30-on) *4 jumps
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Triple to follow LJ:

Triple Jump Girls -	(13-14), (15-16), (17-18) *Cafeteria Style – 4 jumps
Triple Jump Boys -	(13-14), (15-16), (17-18) *Cafeteria Style – 4 jumps

Shot Put Girls -	(13-14), (15-16), (17-18) *Cafeteria Style per Age Sections *(12:00-1:00) (8 &U), (9-10), (11-12) *Cafeteria Style per Age Sections *(1:00-2:00)
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Javelin Boys - (13-14), (15-16), (17-18) *Cafeteria Style per Age Sections *(12:00-1:00)
(8 &U), (9-10), (11-12) *Cafeteria Style per Age Sections *(1:00-2:00)

1:00PM Hammer – Girls & Boys (15-16), (17-18) To be held at NDSU

2:00PM Pole Vault Boys - (13-14), (15-16), (17-18)

High Jump Boys – (13-14), (15-16), (17-18) *(2:00-3:00)
(9-10), (11-12) *(3:00-4:00)

Shot Put Boys – (13-14), (15-16), (17-18) *(2:00-3:00)
(8 &U), (9-10), (11-12) *(3:00-4:00)

Javelin Girls - (8 &U), (9-10), (11-12) *(2:00-3:00)
(13-14), (15-16), (17-18) *(3:00-4:00)

3:00PM Girls & Boys Discus - (11-12), (13-14), (15-16), (17-18) * Cafeteria Style

Running Schedule – June 15th, 2019

(8 &U), (9-10), (11-12), (13-14), (15-16), (17-18) *Girls followed by Boys in each age group. *Followed by Open W&M & Masters W&M.

1:00 PM *Rolling Time Schedule

2000m Steeplechase - (15-16), (17-18)- To be held at NDSU

3000m Run – (11-12), (13-14), (15-16), (17-18)

4X100 Relay – All age groups

80m Hurdles – (G/B 11-12)

100m Hurdles – (G/B 13-14) (G15-16) (G17-18)

110m Hurdles – (B15-16) (B17-18)

100m Dash – All Age Groups

400m Dash – All Age Groups

4X800 Relay - (11-12), (13-14), (15-16), (17-18)

200m Dash – All Age Groups

800m Run – All Age Groups

200m Hurdles – (G/B 13-14)

400m Hurdles – (15-16), (17-18)

1500m Run – All Age Groups

4X400 Relay – All Age Groups

1500m Race Walk – (9-10), (11-12)

3000m Race Walk – (13-14), (15-16), (17-18)

IMPLEMENT WEIGH-IN: Combined event weigh-ins will be before competition on Day 1.

All field event weigh-ins will be done Saturday morning from 10:00-11:30AM underneath the bleachers behind the fenced area on the Northeast corner of the track.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$5.00. Bib numbers will be distributed to athletes during athlete check-in from 9:00-11:00AM underneath the bleachers behind the fenced area on the Northeast corner of the track.

EVENT RESULTS: During competition, event results will be posted by concession stand. In addition, event results will be posted at on athletic.net.

PROTESTS: There will be a \$50.00 fee for all protests. Protests 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 if the protest is upheld.

GATE ADMISSION FEES: Free

CONTACT:

Dakotas Youth Chair and Meet Director: Tim McLagan

Phone: 701-219-4771

Email: Tjmclagan@hotmail.com