



# 2016 USATF MINNESOTA Association Junior Olympic Track & Field Championships



Thursday-Sunday, June 16-19, 2016  
Hamline University, St. Paul, MN

## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

8 & under (born 2008 +)
9 - 10 (born 2006-2007)
11 - 12 (born 2004-2005)
13 - 14 (born 2002-2003)
15 - 16 (born 2000-2001)
17 - 18 (born 1998-1999)
* athletes born in 1997 are also eligible if they do not turn 19 on or before 7/31/2016



**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 2016 members of USATF in good standing.

**Relay Teams:** Only registered 2016 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](http://www.usatf.org/membership).

### ENTRY PROCESS:

Individual Entries: \$6.00 per event  
Relay Entries: \$24.00 per relay team  
Decathlon/Heptathlon: \$20.00  
Pentathlon: \$15.00  
Triathlon: \$10.00

Club Administrators and Unattached Athletes should register online at Athletic.net:  
<http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=284383#/register>

Complete the registration by June 17 at 10:59 pm central time for any events on June 18 or 19. Events taking place on June 16 or June 17 must register at least by the day before the event. Late entries will not be allowed. Online registration is open. Event fees must be paid online by credit card and card fees are paid by the event participants, parents, or coaches at the time of registration. Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data for accuracy prior to submitting entry.

**Valid 2016 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, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

**Membership Chair:** Craig Yotter

**Address:** 960 Douglas Road, Mendota Heights, MN 55118

**Fax:** 651-330-8847

**For questions regarding membership, clubs or age verification, contact:** [office@usatfmn.org](mailto:office@usatfmn.org)

**WAIVER:** 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. All forms must be submitted at the first round of the Junior Olympic series.

**Coaches Background Screening:** USATF requires coaches working with youth athletes to be current members of USATF and to complete an annual background screening through tLogiq and be cleared and listed in good standing. Coaches who are not listed in good standing will not receive free admission to the meet. Coaches may start the process at <http://www.usatf.org/About/Programs/Background.aspx>

A list of those who have successfully cleared the screening process can be found at the following site by entering Minnesota into the Association section and clicking on Search: <http://www.usatf.org/Resources-for---/Coaches/Coaches-Registry/Coaches-Registry.aspx?aliaspath=%2fResources-for---%2fCoaches%2fCoaches-Registry%2fCoaches-Registry>

No other background screen process is accepted per USATF regulations.

**8 & Under AGE GROUP:** 8 and under age division athletes must be at least 7 years of age by Dec. 31 of the current year to be eligible to compete at the USATF National Junior Olympic Championships. Athletes younger than 7 as of Dec. 31 of the year may compete at the association and region meets (if qualified from association) only.

**TRACK EVENT CHECK-IN:** Track athletes will check in under the north end of the bleachers and must initially check-in at least 45 minutes prior to the scheduled start of the race. Athletes who do not check-in at least 45 minutes in advance risk being scratched from the event. Coaches and parents are not permitted in the clerking area. Athletes are required to follow the directions of the clerk on when to report back for assignments of lanes, hip numbers and instructions.

**FIELD EVENT CHECK-IN:** Field athletes should report in no earlier than 30 minutes prior to the scheduled start of the field event at the field event venue but not later than the scheduled start. Athletes may be permitted to check-in after the scheduled start while an event is still in the preliminary stage but will not be permitted to take warm-up attempts after the event has officially started. Crossbars will not be lowered in the high jump or pole vault for late arriving athletes. If an athlete has not checked at the point all other athletes have completed preliminary attempts, a late arriving athlete will not be permitted to compete.

**LONG JUMP/TRIPLE JUMP:** Athletes must check in with the event officials and work with the officials to get jumps completed before leaving for other events or communicate with officials about event conflicts. Officials will attempt to work with athletes to manage track and field event conflicts or field and field event conflicts by providing for jumps out of order in preliminaries or consecutive jumps. The top 9 athletes from preliminaries will advance to the finals. During the finals, athletes will jump in reverse order (9<sup>th</sup> best going first, 1st competing last) and will be called to jump by the official. During the finals, athletes must be present to jump when called and must compete in the order assigned. If an athlete is not present when called during finals, the athlete will be marked as having passed the attempt and will not be permitted to take a passed jump later. Athletes may request to take consecutive jumps in preliminary rounds or finals.

**POLE VAULTER WEIGH-IN AND IMPLEMENT WEIGH-IN:** Shot and discus weigh-in and inspection will take place near the entry to the stadium beginning at 8:15am Saturday for all age divisions. Javelins, hammers, pole vault poles and implements used for combined events will be inspected at field event venues. Only implements inspected will be allowed into competition. Pole vaulters will be required to be weighed prior to competition by meet officials and may only use poles rated for their weight on the day of competition. Javelins and hammers will be inspected on site at Hamline University just prior to competition. See Implement table for specifications for each age group event.

Implements					
8 & Under	9-10	11-12	13-14	15-16	17-18
Shot Put (G) 2 kg	Shot Put (G) 6 lb.	Shot Put (G) 6 lb.	Shot Put (G) 6 lb.	Shot Put (G) 4 kg	Shot Put (W) 4 kg.
Shot Put (B) 2 kg	Shot Put (B) 6 lb.	Shot Put (B) 6 lb.	Shot Put (B) 4 kg	Shot Put (B) 12 lb.	Shot Put (M) 12 lb.
Mini Jav (G) 300g	Mini Jav (G) 300g	Mini Jav (G) 300g	Javelin (G) 600g	Javelin (G) 600g	Javelin (W) 600g
Mini Jav (B) 300g	Mini Jav (B) 300g	Mini Jav (B) 300g	Javelin (B) 600g	Javelin (B) 800g	Javelin (M) 800g
		Discus (G) 1 kg	Discus (G) 1 kg	Discus (G) 1 kg	Discus (W) 1 kg
		Discus (B) 1 kg	Discus (B) 1 kg	Discus (B) 1.6 kg	Discus (M) 1.6 kg
				Hammer (G) 4 kg	Hammer (W) 4 kg
				Hammer (B) 12 lb.	Hammer (M) 12 lb.

**TRACK PRELIMS AND FINALS:** When 8 or fewer athletes from a gender/age group report to the clerk of course by the required check-in time for the 80/100/110 meter hurdles, the 100 meter dash, or the 200 meter dash, the event will be run as a final on the first day of competition and there will be no preliminary race. See specifications for hurdle races in the table:

Hurdle Heights	Number of Hurdles	Start to first hurdle	Space between hurdles	Last hurdle to finish
<b>11-12</b>				
80 m Hurdles (G & B) 30"	8	12 m	7.5 m	15.5 m
<b>13-14</b>				
100 m Hurdles (G) 30"	10	13 m	8.0 m	15 m
100 m Hurdles (B) 33"	10	13 m	8.5 m	10.5 m
200 m Hurdles (G & B) 30"	5	20 m	35 m	40 m
<b>15-16</b>				
100 m Hurdles (G) 33"	10	13 m	8.5 m	10.5 m
110 m Hurdles (B) 39"	10	13.72 m	9.14 m	14.02 m
400 m Hurdles (G) 30"	10	45 m	35 m	40 m
400 m Hurdles (B) 36"	10	45 m	35 m	40 m
<b>17-18</b>				
100 m Hurdles (G) 33"	10	13 m	8.5 m	10.5 m
110 m Hurdles (B) 39"	10	13.72 m	9.14 m	14.02 m
400 m Hurdles (G) 30"	10	45 m	35 m	40 m
400 m Hurdles (B) 36"	10	45 m	35 m	40 m

**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 at the southeast entry to the track. Coaches may pick up an entire team packet of bibs provided the coach has completed the tClogiq background screening and is listed in good standing as a coach with USATF for 2016.

**SPIKES:** Only ¼" pyramid spikes (or smaller) are permitted on the track. Improper spikes will not be permitted. ¼" replacement spikes will be available to purchase until supplies are sold out. Athletes are expected to bring their track shoes with spikes to the clerking area for inspection.

**EVENT RESULTS:** During competition, event results will be posted on the south wall of the stands. In addition, event results will be posted live at [www.wayzataresults.com](http://www.wayzataresults.com) and later at [www.usatfmn.org](http://www.usatfmn.org).

**AWARDS:** Medals are awarded to the top three individuals and the top three relay teams in each event.

**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 Thursday, July 7 through Sunday July 10 at Minnesota State University Mankato in Mankato, MN. Advancements must be completed by declaring through Athletic.net. Qualified athletes may register for the region meet beginning June 18, 2016 and region entries will close July 2, 2016 at 11:59pm. Failing to register through Athletic.net for the region meet will prevent the athlete from participating.

The National Junior Olympic Championships will be held from Monday, July 25 to Sunday, July 31, 2016 at Sacramento, California. 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/Events---Calendar/2016/USATF-National-Junior-Olympic-Track---Field-C.aspx>

**GATE ADMISSION FEES:** \$5/person age 6 and older. Coaches must show their current 2016 USATF membership cards and must have cleared the USATF tClogiq background screening for 2016 and be listed on the USATF website as being in good standing. No spectator fee will be charged on Thursday.

**RULES – CONDUCT & FACILITY:** Coolers are not permitted in the stadium. No glass bottles or containers permitted. No grills permitted. No alcohol or tobacco permitted on school property. No pets permitted. All participants and spectators are expected to show proper conduct towards others and the facility. Meet administration reserves the right to have individuals removed from the facility for behavior deemed unacceptable. No refunds.

**DIRECTIONS & PARKING:** Hamline University's Klas Stadium is located on Taylor Avenue immediately to the east of Snelling Road in St. Paul, MN. A campus map is available here: <http://www.hamline.edu/directions/>

All events are contested within the stadium or the fields adjacent to the stadium and entry for all track and field events is through the main stadium entry.

**VOLUNTEERS NEEDED:** Staging track meets requires many people. No prior experience necessary for many positions. Please contact the meet director if you can help for even ½ of a day. Lunch provided.

**NO ANIMALS PERMITTED AT THE TRACK STADIUM OR FIELD EVENT VENUES:** Exception made for service animals for individuals with disabilities.

**CLOSED FIELD AND WARM-UP AREA:** The football field will be closed except for a flagged warm-up area. The back (north) side of the track will be available for warm-ups when not in use by other events.

**PROTESTS:** A \$75 cash fee is required all protests and must be submitted to the Referee not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

**RECORDS:** Meet records maintained since 1984 will be made available at [www.usatfmn.org](http://www.usatfmn.org) on the youth page.

**MEET CONTACT:** Chris Dallager, 612-913-8299 or [chrisdallager@comcast.net](mailto:chrisdallager@comcast.net)

**MEET SCHEDULE:**

***Thursday, June 16***

Gates open to athletes and spectators at 12:00pm

1:00p Decathlon Day 1 15-16 Boys and 17-18 Men (100m/LJ/SP/HJ/400)

1:30p Pentathlon 13-14 Boys and Girls (100H/SP/HJ/LJ/800m girls or 1500m boys)

2:00p Heptathlon Day 1 15-16 Girls and 17-18 Women (100H/HJ/SP/200)

***Friday June 17***

Gates open to spectators and athletes at 10:00

11:00a Hammer Throw 15-16 Boys and Girls; 17-18 Men and Women

1:00p Javelin Throw 13-14, 15-16 Boys and Girls; 17-18 Men and Women

1:30p Pentathlon 11-12 Boys and Girls (80H/SP/HJ/LJ/800m girls or 1500m boys)

2:00p Decathlon Day 2 (110H/DT/PV/JT/1500)

2:30p Heptathlon Day 2 (LJ/JT/800)

3:30p Triathlon 9-10 Boys and Girls (SP/HJ/200m girls or 400m boys)

***Saturday June 18***

Gates open to spectators and athletes at 8:00am

***Saturday Field Event schedule:***

**Long Jump**

9:00 am 11-12 Boys and Girls

10:15 am 13-14 Boys and Girls

11:30 am 15-16 Boys and Girls

12:45 pm 17-18 Men and Women

2:00 pm 8 & under Boys and Girls

3:15 pm 9-10 Boys and Girls

**Shot Put**

9:00 am 15-16 Girls and 17-18 Women

10:10 am 8 & under Boys and Girls

10:45 am 11-12 Boys and Girls

12:05 pm 13-14 Girls

12:40 pm 9-10 Boys and Girls

1:55 pm 13-14 Boys

2:35 pm 15-16 Boys and 17-18 Men

**High Jump**

9:00 am 13-14 Boys and Girls

10:20 am 9-10 Boys and Girls

12:00 pm 11-12 Boys and Girls

1:20 pm 15-16 Girls and 17-18 Women

2:40 pm 15-16 Boys and 17-18 Men

## **Saturday field events continued:**

### **Pole Vault**

9:00 am 13-14/15-16/17-18 Boys and Men  
12:30 pm 13-14/15-16/17-18 Girls and Women

### **Discus Throw**

9:30 am 15-16/17-18 Boys and Men  
11:30 am 15-16/17-18 Girls and Women  
1:15 pm 11-12/13-14 Boys and Girls

### ***Saturday Track Schedule***

10:00 am 3000m finals (ages 11-12, 13-14, 15-16, 17-18)  
10:30 am 80H/100H/110H prelims (ages 11-12, 13-14, 15-16, 17-18)  
11:15 am 100m prelims (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)  
12:45 pm 800m finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)  
2:00 pm 200H/400H finals (ages 13-14, 15-16, 17-18)  
2:30 pm 2000m steeplechase girls followed by boys (ages 15-16, 17-18)  
3:00 pm 200m prelims (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)  
4:15 pm 4 x 400m relay finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)

### ***Sunday June 19***

Gates open at 8:00 am

### ***Sunday Field Event Schedule***

#### **Triple Jump**

10:45 -11:20 am 13-14 and 15-16 Boys and Girls prelims (cafeteria style); 11:25p-11:55p finals  
12:25 -1:10 pm 17-18 Men and Women prelims (cafeteria style); 1:15p-1:45p finals

#### **Mini (Turbo) Javelin**

11:30 am 11-12 Boys and Girls  
12:30 pm 9-10 Boys and Girls  
1:30 pm 8 & under Boys and Girls

### ***Sunday Track Schedule***

10:00 am 80H/100H/110H finals (top 8 fastest preliminary times)  
10:30 am 100m finals (top 8 fastest preliminary times)  
11:15 am 1500m finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18) Timed Final  
12:15 pm 4 x 100 relay finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18) Timed Final  
12:45 pm 400m finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18) Timed Final  
2:15 pm 1500m Race Walk (ages 9-10, 11-12) Timed Final  
2:25 pm 3000m Race Walk (ages 13-14, 15-16, 17-18) Timed Final  
2:45 pm 200m finals (top 8 fastest preliminary times)  
3:45 pm 4 x 800 relay finals (ages 11-12, 13-14, 15-16,17-18)