



2023 USATF Region 15 Junior Olympic Track & Field Championships

June 22 - 25th, 2023

Antelope Valley College
3041 West Avenue K
Lancaster, CA
(See Schedule)



Age Divisions & Eligibility & Requirements

Age Divisions	
** 7 – 8 year old	(2016 – 2015)
9 – 10 year old	(2014 – 2013)
11 – 12 year old	(2011 – 2012)
13 – 14 year old	(2010 – 2009)
15 – 16 year old	(2008 – 2007)
*** 17 – 18 year old	(2006 – 2005)
<p>** Per USATF Rule, Article VI, Section I, Rule 300.1(c), “Athletes must be at least seven (7) years of age on December 31st of the current year to compete at the Youth Athletics or Junior Olympic National Championships.” An athlete who is not 7 by 12/31/23 may compete at the Association Championships but will not advance to the Regional Junior Olympic Championships.</p> <p>***Per USATF Rule, Article VI, Section I, Rule 300.1(d), “Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Track and Field Championships shall be eligible to compete in the 17–18-year-old division through that meet.” The last day of competition is July 30, 2023.</p>	



Individuals: Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. Please refer to USATF Rule 300.1 (h) for residency requirements.

A competitor must compete in his/her age division only. Competitors in the 7-8 through 11–12-year-old divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13-14 through 17-18 divisions may compete in a maximum of four (4) events, including relays. All athletes must be registered 2023 members of USATF in good standing. An athlete competing in a Combined (Multi) event is advised the event does not count towards their maximum number of events.

- Para-athletes who qualified at their respective Association meet are welcome to compete in the 100m, 200m, 400m and shot put events per Rule 307.3-4

Relay Teams: Only registered 2023 USATF member clubs may enter a relay team(s). All athletes representing a club must be affiliated with and members of that club as part of their USATF membership.



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ENTRY PROCESS:

Only athletes who are registered and current members in good standing with USATF may compete. USATF membership must be completed online at www.usatf.org. This meet is part of the Junior Olympic Championships Series (Association, Region, National). An athlete must have competed at a prior meet unless waived into these championships. See 2023 USATF Competition Rule 306 for additional clarification.. Para-athletes are welcome

On-Line Registration: Athletic.Net is the on-line entry system for the USATF Junior Olympic Series. Entry must be completed by the established declaration period. To enter the meet, go to www.athletic.net and select the meet listed on the calendar of events.

It is anticipated the system will be available for declaration of entries on **Tuesday, June 13, 2023**. The entry period will open for 72 hours to allow athletes that advanced from their Association Meet to declare entry to regionals. Once the 72 hour period has closed then entry will be made available to additional athletes to declare for any open event slot to complete each Association's allotment of athletes to events. Associations are allotted eight (8) entrants per event. The second declaration period will last 24 hours.

It is the responsibility of coaches and/or athletes desiring entry into the regional meet to monitor the declaration periods for entry open/closed dates and times. In event of any deviation from the above, notice will be provided to the Association's Youth Chairs to communicate and the on-line entry system.

WAIVER & RELEASE: All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is integrated in the online entry system and must be completed electronically upon registering an athlete for the meet. In addition, teams and unattached athletes should have their signed waivers available upon request from any participant in case of an emergency.

ENTRY FEES:

<u>Individual Entry:</u>	\$9 per event	<u>Relay Entry:</u>	\$36 per relay team
<u>Triathlon & Pentathlon:</u>	\$17 per athlete	Decathlon, Heptathlon:	\$22 per athlete

Entry fee must be paid prior to athlete participation. Entry fee must be paid online via the online registration system prior to the close of the entry period. There is a processing fee. The host association, USATF Southern California, does not receive any proceeds from this fee.

ADVANCEMENT: The top 5 individuals and relay teams in each event and the top 2 individuals in combined events and any others who meet the performance standard shall advance to the National Junior Olympic Championships to be held July 24-30, 2023, in Eugene, Oregon, at Hayward Stadium, University of Oregon. The link is: [USATF National Junior Olympic Track & Field Championships | USA Track & Field Oregon](http://www.usatf.org/national-junior-olympic-track-field-championships)

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AWARDS: USATF Region Junior Olympic medals will be awarded to the top 5 individuals and relay teams in each event of each age division.

PACKET PICK UP: Teams and Unattached athletes may pick up their packet at the registration tent at Antelope Valley College on the following schedule:

Packet Pick Up Schedule	
Date	Time
Thursday, June 23 rd	8:00 AM – 10:00 AM
Friday, June 24 th	8:00 AM – 12:00 PM & 4:00 PM – 7:30 PM
Saturday, June 25 th	7:00 AM – 12:00 PM
Sunday, June 26 th	7:15 AM – 9:15 AM

EVENT CHECK-IN: Athletes participating in a track event must check in with the Clerk of the Course. Athletes competing in a field event should report directly to the event for check in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib number on the front of their jersey/uniform. Bib numbers will be placed in team or unattached athlete packets. The replacement cost for a lost bib is **\$5** payable by cash only to USATF Southern California Association.

IMPLEMENTS:

All implements must be weighed at the designated area to be announced according to the schedule below:

Implement Weigh In Schedule		
Date	Time	Site
Thursday, June 22 nd	8:00 AM – 10:00 AM	Antelope Valley College
Friday, June 23 rd	8:00 AM – 11:00 AM	Antelope Valley College
Saturday, June 24 th	7:00 AM – 12:00 PM	Antelope Valley College
Sunday, June 25 th	7:30 AM – 10:00 AM	Antelope Valley College

COACHES MEETING: A meeting will be held at center of the infield on Saturday, June 24, 2023, prior to the start of the event. Wristbands will be provided only to coaches who are three step complaint (USATF Membership, Background, Safe Sport and must be worn for the duration of the meet. Everyone is responsible to ensure their name is listed on the coaches registry prior to the meet. Those given wristbands are only allowed access to the infield or competition areas to assist their 8U athletes with long jump marks, and 9-10's with their high jump marks prior to the start of the competition. Coaches must leave the area once the competition commences.

USATF requires that all volunteers at any of the National, Regional, and Association events be USATF 3-Step Safe Sport Compliant. In certain limited circumstances, USATF will allow the use of a restricted volunteer waiver.

EVENT RESULTS: During competition, event results will be posted. Live results are anticipated for this meet. In addition, results will be posted on www.athletic.net.

PROTESTS: There will be a **\$75.00 cash only** fee for all protests. Protests must be submitted to the Meet Referee at once and not later than 30 minutes after a result has been announced. The fee will be refunded if the protest is upheld.



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FACILITY:

Antelope Valley College: The track is a nine lane all weather surface. **Only 3/16th pyramid spikes** may be used on the track and runways (high jump, long jump, triple jump and pole vault.) Spikes are subject to inspection prior to an athlete's participation. Competitors who do not have the proper spikes will not be permitted to compete. No refunds will be given to teams or athletes who are unable to compete due to improper spikes. Canopies are restricted to the top rows of the stadium and other designated places as established by meet management. The mini and aero javelin will be conducted on a synthetic grass surface. The facility includes two shot put rings, one discus ring, two long/triple jump pits and one high jump pit.

CONCESSION: A concession stand will be operated by the Antelope Valley College.

EVENT MERCHANDISE: Commemorative clothing (Tee Shirts, Sweatshirts, etc.) will be available for purchase.

RULES – CONDUCT & FACILITY: The meet is sanctioned by USATF. USATF rules will apply at this competition. All athletes and spectators are expected to abide by rules as established by the SCA Committee and Antelope Valley College. Smoking of ANY substances, drug use and alcohol is prohibited on school grounds including the parking lot. No pets or animals will be allowed on school premises. Additionally, the following will apply:

- Coaches and parents are **not** permitted on the track infield except by permission of the Meet Director or designee.
- Coaches and/or Club Administrators must visibly display their wristbands to have access to direct event areas and athletes.
- Athletes must warm-up in the designated warm-up area(s).
- Canopies must be secured and are limited to the top portion of the stadium. Use of oversized umbrellas in the mid and lower areas of stadium seating may be restricted if they impede spectator views. Please be respectful when setting up. Also, be sure to secure everything as there are often strong winds in this area.
- No loud music is permitted in the stadium bleachers.
- No food or drink other than water is permitted on the track infield.
- No sunflower seeds or shelled nuts are permitted in the stadium seating.
- Profane language, aggressive behavior or actions deemed not sportsmanlike or in keeping with a youth friendly environment is prohibited.
- Recreation Vehicles (RVs) must park in pre-designated areas as determined by meet management.
- Vehicles must be parked in designated stalls. An illegally parked car is subject to tow without warning.

Failure to comply with all rules may result in the disqualification of an athlete or spectator dismissal from the premises.

VENDOR BOOTH: Vending opportunities are available by contacting youth@scausatf.org . All vendors must be approved by the Youth Chair before operating on school grounds.



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Schedule of Events

Thursday, June 22, 2023 @ Antelope Valley College

Combined Events:

8:30AM Heptathlon (Day 1) 15-16G & 17-18W
100m Hurdles (33")
High Jump
Shot Put (4kg)
200m Dash

9:00AM Pentathlon 13-14B & 13-14G
100m Hurdles (30") G, (33") B
Shot Put (6lb) G, (4kg) B
High Jump
Long Jump
800m (G), 1500 (B) Run

9:30AM Decathlon (Day 1) 15-16(B) & 17-18M
100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

Friday, June 23, 2023 @ Antelope Valley College

Combined Events:

9:00AM Heptathlon (Day 2) 15-16G & 17-18W
Long Jump
Javelin Throw (600g)
800m Run

9:00AM Decathlon (Day 2) 15-16B & 17-18M
110m Hurdles (39")
Discus Throw (1.6kg)
Pole Vault
Javelin Throw (800g)
1500m Run

9:30AM Pentathlon 11-12G & 11-12B
80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800 (G), 1500 (B) Run

10:00AM Triathlon 9-10G
Shot Put (6lb)
High Jump
200m (G), 400m (B) Dash

10:30AM Triathlon 9-10 (B)
Shot Put (6lb)
High Jump
200m (G), 400m (B) Dash



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Schedule of Events

Friday, June 23, 2023 @ Antelope Valley College

Running Events: 5:00 PM; 1st Call 4:30 PM

1500m RW	(Final)	9-10g through 11-12b
3000m RW	(Final)	13-14g through 17-18m
400 Meter Dash	(Semi-Final)	All Divisions beginning with 7-8g through 17-18m

Field Events: 4:30 PM; 1st Call 4:00 PM

Long Jump (pit #1)	(Final)	15-16g, 17-18w
Long Jump (pit #2)	(Final)	15-16b, 17-18m
Hammer Throw	(Final)	17-18m, 17-18w, 15-16b, 15-16g

Saturday, June 24, 2023 @ Antelope Valley College

Running Events: 8:30 AM; 1st Call 8:00 AM

2000m Steeple Chase	(Final)	15-16g, 17-18w, 15-16b, 17-18m
400 Meter Dash	(Final)	All Divisions
1500 Meter Run	(Final)	All Divisions
100 Meter Dash	(Semi)	All Divisions
110 Meter Hurdles	(Semi)	15-16b, 17-18m
100 Meter Hurdles	(Semi)	13-14g, 13-14b, 15-16g, 17-18w
80 Meter Hurdles	(Semi)	11-12g, 11-12b
200 Meter Dash	(Semi)	All Divisions
4 x 800 Meter Relay	(Final)	11-12g through 17-18m
4 x 100 Meter Relay	(Semi)	All divisions

Field Events: 8:00 AM; 1st Call 7:30 AM

High Jump	9-10b, 11-12b, 13-14b, 15-16b, 17-18b
Long Jump (Pit 1)	13-14g, 9-10g, 7-8g
Long Jump (Pit 2)	13-14b, 9-10b, 7-8b
Aero Javelin	11-12g, 11-12b
Mini-Javelin	9-10g, 9-10b, 7-8g, 7-8b [1 st Division Contested after Aero Javelin]
Shot Put (Pit 1)	13-14g, 15-16g, 17-18 w
Shot Put (Pit 2)	13-14b, 15-16b, 17-18 m
Discus	17-18w, 17-18m, 11-12g, 11-12b, 15-16g, 15-16b, 13-14g, 13-14b
Pole Vault	13-14g, 15-16g, 17-18w



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Schedule of Events

Sunday, June 25, 2023 @ Antelope Valley College

Running Events: 9:00 AM; 1st Call 8:30 AM

3000 Meter Run	(Final)	11-12g through 17-18m
400 Meter Hurdles	(Final)	15-16g, 15-16b, 17-18w, 17-18m
200 Meter Hurdles	(Final)	13-14g, 13-14b
4 x100 Meter Relay	(Final)	All Divisions beginning with 7-8g through 17-18m
100 Meter Dash	(Final)	All Divisions beginning with 7-8g through 17-18m
800 Meter Run	(Final)	All Divisions beginning with 7-8g through 17-18m
200 Meter Final	(Final)	All Divisions beginning with 7-8g through 17-18m
110 Meter Hurdles	(Final)	15-16b, 17-18m
100 Meter Hurdles	(Final)	13-14b, 15-16g, 17-18w, 13-14g
80 Meter Hurdles	(Final)	11-12g, 11-12b
4 x 400 Meter Relay	(Final)	All Divisions beginning with 7-8g through 17-18m

Field Events: 8:45 AM; 1st Call 8:15 AM

High Jump	15-16 g, 17-18w, 9-10g, 11-12g, 13-14g
Long Jump	11-12g, 11-12b
Triple Jump	17-18w, 17-18m, 15-16g, 13-14g, 13-14b [Contested after Long Jump]
Shot Put (Pit #1)	9-10g, 11-12g, 7-8g
Shot Put (Pit #2)	9-10b, 11-12b, 7-8b
Javelin (Regulation)	13-14g, 13-14b, 15-16g, 15-16b, 17-18w, 17-18m
Pole Vault	13-14b, 15-16b, 17-18m

Due to limited entries, para-athletes will only compete in the final for the 100m, 200m, and 400m races.

Implements: The Weights and Measuring Station will be operational beginning at 7:00 AM and remain open for 15 minutes prior to the start of the last division scheduled to compete. The station may close sooner if all competitor implements are weighed prior to the start of the last division. All athlete owned implements must be weighed prior to competition.