



2023 USATF Montana Association Junior Olympic State Track and Field Championships

Friday-Saturday, June 16-17, 2023
Dornblazer Stadium, Missoula Montana

ELIGIBILITY REQUIREMENTS

Individuals

All athletes must be 2023 members of USATF in good standing, with their age verified. 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.

Age Divisions

Each athlete must compete in his/her age division only. There will be no "moving up" in any events, including relays.

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|---|------------------|
| 8 and under | (born 2015+) |
| 9-10 Division | (born 2013-2014) |
| 11-12 Division | (born 2011-2012) |
| 13-14 Division | (born 2009-2010) |
| 15-16 Division | (born 2007-2008) |
| 17-18 Division | (born 2005-2006) |
| *Athletes born in 2004 are eligible if they do not turn 19 on or before 7/30/2023 | |

PROOF OF BIRTH DATE USATF requires that all registrants are date-of-birth verified. Members are mandated to upload their verification documents on their membership profile on USATF Connect System. This process can take at least 5 working days to get the date of birth verified, so please have this done as soon as possible. DON'T WAIT TO THE LAST MINUTE. Proof of birth date documents include: a copy of the athlete's birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification.

BE ADVISED THAT BIRTHDATE VERIFICATION DOCUMENTS WILL NOT BE ACCEPTED OR UPLOADED BY THE NATIONAL OFFICE. PROCEDURES FOR UPLOADING THESE DOCUMENTS IN THE USATF CONNECT SYSTEM MUST BE ADHERED TO AND THERE WILL BE NO EXCEPTIONS. DOCUMENTS SENT TO THE NATIONAL OFFICE WILL BE RETURNED AND THE VERIFICATION WILL NOT BE PROCESSED. IF A DOCUMENT IS ILLEGIBLE, IT WILL BE INVALIDATED AND WILL NOT BE PROCESSED. INVALIDATED DOCUMENTS WILL NOT RESULT IN AN EXTENSION OF THE SUBMISSION DEADLINE. NO EXTENSION WILL BE GIVEN FOR INVALIDATED DOCUMENTS THAT REQUIRE RE-SUBMISSION. THE FIVE (5) DAY DEADLINE WILL BE ADHERED TO. DOCUMENTS WILL REMAIN A PERMANENT PART OF THE MEMBER PROFILE AND WILL NOT REQUIRE RE-SUBMISSION.

If you are having trouble uploading these documents, please reach out to the [USATF National Office](#).

DATA PROTECTION SUBMITTED DOCUMENTS/DATA PROVIDED TO USATF WILL BE HOSTED ON A SECURE PLATFORM IN USATF CONNECT. ASSOCIATION OFFICERS/EMPLOYEES PERMITTED TO VIEW MEMBERSHIP INFORMATION WITHIN THE SYSTEM HAVE BEEN REQUIRED TO HAVE SUBMITTED THE MANDATED USATF DATA PROTECTION POLICY AGREEMENT.

Event Limits

Competitors in the 8-and-under, 9-10 and 11-12 Divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13-14, 15-16 and 17-18 Divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count.

Relay Teams

Only 2023 USATF member clubs may enter relay team(s). All athletes representing the club must be an USATF membership.

[Visit here for USATF MEMBERSHIP](#)

ENTRY PROCESS

All entries and payments must be made online at Athletic.net website. Pre-authorization of a credit card will be required for team entries and unattached entries will require immediate payment. Accuracy of data entered is the responsibility of each club and/or athlete. Please verify team and athlete data within Athletic.net for accuracy prior to submitting entries.

[LINK TO REGISTRATION](#)

Links to step-by-step instructions:

[Submitting Team Entries](#)

[Registering as an Individual](#)

DEADLINE: The deadline for entries and payment of entry fees is Monday June 12th, 2023, at 9 PM.

Online registration is open now.

Late entries will not be accepted.

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; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

ENTRY FEES

Pay by credit card or debit card when registering.

Individuals: \$8 per event

Relays: \$20 per team

Triathlon/Pentathlon \$12.00 per event

Hammer Throw/Decathlon/Heptathlon: These events are not contested at the Montana Association Junior Olympic Championships. Please register for these events to participate/advance to the Regional Championships.

COMPETITION INFORMATION

AWARDS: USATF Junior Olympic medals will be awarded to the top five (5) individuals and the top three (3) relay teams in each event of each age division. Awards will be presented behind the shed at the finish line as soon as results are final. Please listen to the announcer to ensure you are present to receive your medal.

ADVANCEMENTS: All individuals and relay teams competing in the Montana Association Junior Olympic Championships in each event of each age division will advance to the USATF Region 11 Championships to be held July 7-8 in Idaho.

The National Junior Olympic Championships will be held on July 24-30, 2023, in Eugene, Oregon. The top 5 athletes at the Region 11 Championships will qualify for the National Championships. In the combined events, the top 2 athletes/those who achieve qualify standards, will advance to Nationals.

Information is available at: <https://www.usatf.org/events/2023/2023-usatf-national-junior-olympic-track-field-cha>

PACKET PICK UP: 5:00 p.m. – 6:00 p.m. Friday June 16th and from 8:30 a.m. Saturday June 17th, 2023.

BIB NUMBERS Competitors must wear their assigned bib numbers on the front of their jersey during competition. If an athlete loses a bib number, a replacement can be purchased for \$5. Bib numbers will be distributed to coaches and unattached athletes in their registration packets.

IMPLEMENT WEIGH IN: 8:30 a.m. – 12:30 p.m. Saturday June 17th, 2023.

Each contestant will furnish his/her own throwing implement in the shot put, discus, and javelin. Implements will be inspected Saturday from 8:30 a.m. to 12:30 p.m. Implement inspection will take place in the shed near the shot-put arena. If the implement does not meet specifications, it will be kept until the conclusion of the meet.

TRACK EVENT CHECK-IN: Check-in for track events will be conducted at the tents located near the 100-meter start. First call 20 minutes prior to the event, and last call 10 minutes. Hip numbers will be provided for athletes in the distance events and 1600m relay.

FIELD EVENT CHECK-IN: Check-in for field events will be conducted at the event site by the head judge. First call 20 minutes prior to the event, and last call 10 minutes. Athletes in the field event areas must be always aware of their surroundings. Stay outside of the flagged areas.

EVENT RESULTS: During competition, event results will be posted on the back of the shed near the finish line. Live results will be on Athletic.net

PROTESTS: There will be a \$25 fee for all protests. Protests must be submitted to the Protest Referee (Dave Skelton) no later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

EQUIPMENT NOTES

- Meet management will provide starting blocks and batons.
- Only ¼” spikes are permitted on the track.
- Only certified implements may be used in competition.

MEDICAL: Bone and Joint will be onsite under the score board for athletic therapy needs. Please provide your own KT tape if preferred.

COMPETITION SCHEDULE

** TENTATIVE SCHEDULE - SUBJECT TO CHANGE

PLEASE CHECK FOR LAST MINUTE SCHEDULING CHANGES WHICH MAY BE NECESSARY IN ORDER TO ACCOMMODATE FIELD SIZES.

This track & field meet has a “rolling schedule”, which means that with exception to start times listed for each day there is no scheduled time for the start of each running event. Pay close attention to the schedule of events and be aware of what events are occurring at any given time during each day. Listen for the “first” and “second” calls for each event and schedule your warm-ups accordingly. The schedule of events will not change the day of the events.

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|---|------------------|
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The **Decathlon, Heptathlon, and Hammer** will not be contested at the Association Championships. Athletes wishing to automatically advance to the Regional Championships must be registered for these events in the Association meet.

Friday, June 16, 2023 – Multi-Events – 3000 Meter Run

| <u>TIME</u> | <u>EVENT</u> | <u>DIVISION</u> |
|------------------|----------------------------------|--|
| 4:00 p.m. | Triathlon/Pentathlon | 9-10, 11-12, 13-14 |
| | 80m Hurdles - Pentathlon | 11-12 G&B |
| | 100m Hurdles - Pentathlon | 13-14 G (30”) 13-14 B (33”) |
| | Shot Put - Triathlon/Pentathlon | 9-10 B&G, 11-12 B&G, 13-14 B&G |
| | High Jump - Triathlon/Pentathlon | 9-10 B&G, 11-12 B&G, 13-14 B&G |
| | Long Jump - Pentathlon | 11-12 B&G, 13-14 B&G |
| | 200m dash - Triathlon | 9-10 G |
| | 400m dash - Triathlon | 9-10 B |
| | 800m run - Pentathlon | 11-12 G, 13-14 G |
| | 1500m run - Pentathlon | 11-12 B, 13-14 B |
| 5:30 p.m. | 3000m run | 11-12 G, 13-14 G, 15-16 G, 17-18 G 11-12 B, 13-14 B, 15-16 B, 17-18 B |
| 5:00 - 6:00 p.m. | Athlete Packet Pickup | |

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| Saturday, June 17, 2023 |
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| <u>TIME</u> | <u>EVENT</u> | <u>DIVISION</u> |
|---------------------|--|---|
| <u>FIELD EVENTS</u> | | |
| 9:30 a.m. | Long Jump High Jump Shot Put Discus Pole Vault | Girls & Boys 8&under, 9-10, 11-12 Girls 13-14, 15-16, 17-18 Girls & Boys 8&under, 9-10, 11-12 Girls & Boys 15-16, 17-18 Girls 13-14, 15-16, 17-18 |
| 10:30 a.m. | High Jump | Boys 13-14, 15-16, 17-18 |
| 11:00 a.m. | Shot Put Discus | Girls & Boys 13-14, 15-16, 17-18 Girls & Boys 11-12, 13-14 |
| 11:30 a.m. | Pole Vault | Boys 13-14, 15-16, 17-18 |
| 12:00 p.m. | Long Jump Javelin | Girls & Boys 13-14, 15-16, 17-18 Girls & Boys 8&under, 9-10, 11-12 |
| 12:15 p.m. | High Jump | Girls & Boys 8&under, 9-10, 11-12 |
| 1:30 p.m. | Javelin | Girls & Boys 13-14, 15-16, 17-18 |
| 2:00 p.m. | Triple Jump | Girls & Boys 13-14, 15-16, 17-18 |
| <u>TRACK EVENTS</u> | | |
| 12:00 p.m. | 1500m run | Girls& Boys all divisions |
| | 110m Hurdles | Boys 15-16 (39"), 17-18 (39") |
| | 100m Hurdles | Girls 15-16 (33"), 17-18 (33") Boys 13-14 (33") |
| | 100m Hurdles | Girls 13-14 (30") |
| | 80m Hurdles | Girls & Boys 11-12 (30") |
| | 4x100m Relay | Girls & Boys all divisions |
| | 400m | Girls & Boys all divisions |
| | 2000m Steeplechase | Girls & Boys 15-16, 17-18 (G30"/B36") |
| | 100m dash | Girls & Boys all divisions |
| | 800m run | Girls & Boys all divisions |
| | 200m Hurdles | Girls & Boys 13-14 (30") |
| | 400m Hurdles | Girls & Boys 15-16, 17-18 (G30"/B36") |
| | 200m dash | Girls & Boys all divisions |
| | 4x400m Relay | Girls & Boys all divisions |

RULES

COMPETITION RULES:

- All distances and heights will be measure in meters, rounded to the lowest centimeter.
- All track events will be conducted as timed finals.
- In horizontal jumps and throws, all competitors will receive four attempts in lieu of prelims and finals.
- Using an implement that is not checked-in is strictly prohibited. Using an implement that has not been checked-in is grounds for immediate disqualification.

CONDUCT & FACILITY RULES: Dornblazer Stadium is a ten (10) lane, 400-meter track with a ten (10) lane straightaway. The javelin, pole vault, high jump, long jump/triple jump pads are the same surface as the track. Tape is allowed to be put on the track during practice or competition. Tape is also allowed on the long/triple jump runway, the pole vault runway, and the high jump and javelin approach. Please have competitors pull up the tape at the end of their competition. 1/4" spikes are the maximum lengths in track and field events. Pyramid, or hex are recommended (No Needle Spikes).

- Team tents will be allowed on the grass by the scoreboard, south of the track and on the soccer field north of the track only.
- Smoking and/or the use of tobacco products in the gated area of the complex is PROHIBITED.
- Alcoholic beverages are PROHIBITED in the complex or parking lots.
- The use of "vaping" devices is prohibited in the gated area of the complex is PROHIBITED.
- Littering is PROHIBITED.
- Pets are PROHIBITED inside gated areas and playing fields.
- Profanity within the gated area is PROHIBITED.
- Disrespect towards Officials and Athletes is PROHIBITED.
- Please place trash in available receptacles.

COACHES: Coaches will not be allowed on the field unless they are provided with a pass and are assisting with the conduct of the competition as a volunteer official. We will have a coaches' box for the pole vault, and those coaches will be provided with a pass.

INFIELD: Athletes are required to remain off the track and field if they are not competing or warming up. The infield is reserved for javelin and discus. If athletes are seen loitering in the infield, they will be asked to move to the stands by meet officials.

GATE ADMISSION FEES: Fans are admitted free of charge.

DIRECTIONS & PARKING: Please use the parking lot to the south and east of Dornblazer Stadium, or street parking to the west when attending the meet.

CONTACT:

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