



2024 USATF Region 11 Junior Olympic Track and Field Championships

Thursday-Saturday, June 20-2, 2024
Dornblaser Stadium, Missoula Montana

ELIGIBILITY REQUIREMENTS

Individuals

To qualify for the Region 11 Junior Olympic Championships, athletes must participate in the respective Junior Olympic Association Championships.

Age Divisions

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

8 and under	(born 2016+)
9-10 Division	(born 2014-2015)
11-12 Division	(born 2012-2013)
13-14 Division	(born 2010-2011)
15-16 Division	(born 2008-2009)
17-18 Division	(born 2006-2007)
*Athletes born in 2005 are eligible if they do not turn 19 on or before 7/28/2024	

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 2024 USATF member clubs may enter relay team(s). All athletes representing the club must have USATF membership.

ENTRY PROCESS

Online registration opens June 15th 8:00 p.m.

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: Registration deadline and payment of entry fees is Tuesday June 18th, 2024, at 5:00 PM.

Late entries will not be accepted.

ENTRY FEES

Pay by credit card or debit card when registering.

Individuals: \$10 per event

Relays: \$30 per relay

Triathlon/Pentathlon \$15.00 per entry

Heptathlon/Decathlon \$20.00 per entry

COMPETITION INFORMATION

AWARDS: Athletes will be awarded for top five (5) individual events and the top three (3) relay teams, for 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 placing top 5 in an event of each age division will advance to the USATF JO National Championships. In the combined events, the top 2 athletes/those who achieve [qualifying standards\(page 7\)](#), will advance to Nationals.

The National Junior Olympic Championships will be held July 22-28, 2024, E.B. Cushing Stadium at Texas A&M University, College Station, Texas

Information is available at: <https://www.usatf.org/events/2024/2024-usatf-national-junior-olympic-track-field-cha>

PACKET PICK UP:

Thursday June 20th 2:00 p.m. – 6:00 p.m.

Friday June 21st 10:00 a.m. – 8:00 p.m.

Saturday June 22nd 8:00 a.m. – 5:00 a.m.

BIB NUMBERS Competitors must wear their assigned bib numbers on the front of their jersey during competition. Exception for High Jump and Pole Vault.

If an athlete loses a bib number, a replacement can be purchased for \$10.

Bib numbers will be available at packet pick up near the start of the 100m and athlete check-in tent.

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 event officials. First call 30 minutes prior to the event, and last call 10 minutes.

Pole Vault pit will be open 60 mins prior to start of each pole vault event

Athletes in the field event areas must be always aware of their surroundings. Stay outside of the flagged areas.

IMPLEMENT WEIGH IN:

Each contestant will furnish his/her own throwing implements in the shot put, discus, and javelin. Implements must be inspected at least 30 mins prior to the start of the scheduled event. 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.

EVENT RESULTS: Live results will be on Athleticnet Live. QR codes will be posted at the meet.

PROTESTS: There will be a \$50 cash fee for all protests. Protests must be submitted to the Protest Referee (Rachel Moody) no later than 30 minutes after a result has been confirmed. The protest fee will be refunded if the protest is upheld.

MEDICAL: Athletic Therapists from 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.

Schedule of Events

* tentative and subject to change*

All athletes must check-in for their events.

All Running events except for 100m and 200m are timed finals.

All 100m and 200m events will have prelims (Friday) and Finals (Saturday)

If there are less than 10 competitors in a division it will be run as a timed final on Saturday.

There will be four attempts in lieu of the three preliminary and three final attempts for all horizontal jumps and throwing events.

*Although there are times next to the events on the schedule, we may adjust the schedule where it is needed up to 30 minutes ahead. We will attempt to stay ahead of schedule whenever possible. It is up to the coaches, athletes, and parents to pay attention to what is going on and listen for event call times.

THURSDAY June 20th, 2024

2:00 p.m. Decathlon 15-16B, 17-18B 100m, LJ, SP (12lb), HJ, 400m

2:10 p.m. Pentathlon 13-14B 100mH (33"), SP(4kg), HJ, LJ, 1500m

2:15 p.m. Heptathlon 15-16G, 17-18G 100mH (33"), HJ, SP(4kg), 200m

2:40 p.m. Pentathlon 13-14G 100mH (30"), SP (6lb), HJ, LJ, 800m

6:30 p.m. 3000m 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

FRIDAY June 21st, 2024

11:00 a.m. Decathlon 15-16B, 17-18B 110mH (39"), Discus (1.6kg), PV, Jav (800g), 1500m

11:00 a.m. Heptathlon 15-16G, 17-18G LJ, Jav (600g), 800m

11:10 a.m. Pentathlon 11-12B 80mH (30"), SP (6lb), HJ, LJ, 1500m

12:00 p.m. Triathlon 9-10G, 9-10B SP(6lb), HJ, 200mG -400mB

12:00 p.m. Pentathlon 11-12G 80mH (30"), SP (6lb), HJ, LJ, 800m

4:30 p.m. 100m Prelims All Ages Divisions 8U through 17-18 G & B

Finals will be held on Saturday if there are 10 or less athletes in the age division.

5:30 p.m. Hammer Throw 15-16/17-18G(4kg) followed by 15-16/17-18B(12lb)

6:00 p.m. 4x800m Relay All age divisions 11-12 through 17-18 G&B

6:30 p.m. 200m Prelims All Ages Divisions 8U through 17-18 G & B

Finals will be held on Saturday if there are 10 or less athletes in the age division.

7:30 p.m. 2000m Steeplechase 15-16/17-18G (30") followed by 15-16/17-18B (36")

SATURDAY June 22nd, 2024

9:00 a.m. 1500m All Ages Divisions 8U G/B through 17-18 G/B

10:00 a.m. 400mH 15-16B (36"), 17-18B (36"), 15-16G (30"), 17-18G (30")

10:30 a.m. 200mH 13-14G (30"), 13-14B (30")

10:45 a.m. 4x100m Relay All Ages Divisions 8U G/B through 17-18 G/B

11:00 a.m. 400m All Ages Divisions 8U G/B through 17-18 G/B

12:00 p.m. 3000m Race Walk All Ages Divisions 8U G/B through 17-18 G/B

LUNCH BREAK

12:30 p.m. 100m Finals All Ages Divisions 8U G/B through 17-18 G/B

1:00 p.m. 110mH 15-16B (39"), 17-18B (39")

1:30 p.m. 100mH 15-16G (33"), 17-18G (33"), 13-14B (33"), 13-14G (30")

2:00 p.m. 80mH 11-12G (30"), 11-12B (30")

2:30 p.m. 800m All Ages Divisions 8U G/B through 17-18 G/B

3:00 p.m. 200m Finals All Ages Divisions 8U G/B through 17-18 G/B

3:30 p.m. 4x400m Relay All Ages Divisions 8U G/B through 17-18 G/B

RULES

USATF Competition Rules.

Coaches/parents are responsible for the conduct of their athletes. Failure to maintain proper control or display good sportsmanship may result in the removal of a team/individual from further competition, or expulsion of a coach, parent, or spectator. Once the meet begins, only competing athletes and working officials will be allowed on the track or infield, except in the case of medical emergencies.

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 with exception of the 100m and 200m. Should there be 10 or less in these events, the race will be run as a final at the time of the scheduled final for the event.
- In horizontal jumps and throws, all competitors will receive four attempts in lieu of prelims and finals.

EQUIPMENT NOTES

- Meet management will provide starting blocks and relay batons.
- Only ¼” spikes (pyramid or hex-no needle spikes) are permitted on the track.
- Only certified implements may be used in competition. 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:

- Dornblaser Field 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.
- 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, vaping 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.
- Littering is PROHIBITED. Please place trash in available receptacles.
- Pets are PROHIBITED inside gated areas and playing fields.
- Profanity within the gated area is PROHIBITED.
- Disrespect towards Officials and Athletes is PROHIBITED.

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. Coach wrist bands will be provided in team packets.

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.

GATE ADMISSION FEES: Fans are admitted free of charge.

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

CONTACT:

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