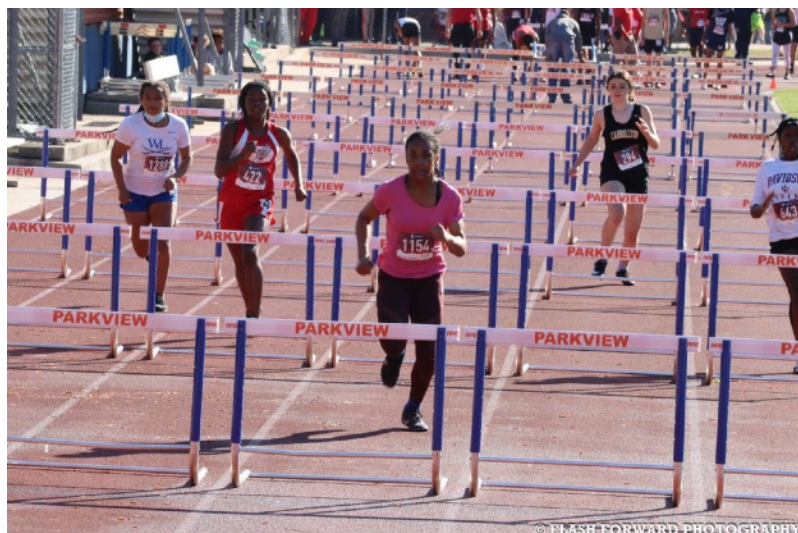




# 2022 Emerging Elite Athlete Pre Junior Olympics NORCAL TUNEUP

**Saturday, July 16<sup>th</sup>, 2022**  
**Sacramento City College**  
**Hughes Stadium**  
**3835 Freeport Blvd**  
**Sacramento, CA**



## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

1, 2 and 3 years old (born 2018-2019-2020)
4 - 6 (born 2016-2017)
7 - 8 (born 2014-2015)
9 - 10 (born 2012-2013)
11 - 12 (born 2010-2011)
13 - 14 (born 2008-2009)
15 - 16 (born 2006-2007)
17 - 18 (born 2004-2005)
* athletes born in 2003 are also eligible if they do not turn 19 on or before 07/17/2022
19 – 100+ (born 1922-2003)

## INDIVIDUALS:

Any competitor listed in the “**Age Divisions**” chart just above is eligible to compete in this competition. An athlete must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 1, 2, and 3-year-old age divisions may compete in a maximum of one (1) event. Competitors in the 4 – 6, 7 - 8, 9 - 10 and 11 – 12, 13 - 14, 15 – 16, 17 – 18, and Open age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in this meet.

## ENTRY PROCESS:

Individual Entries: **cost; \$8 per athlete**

Relay Entries: **cost; \$48 per team (6 athletes on each team)**

**Club Administrators and Unattached Athletes** should register online at [www.myiathletics.com](http://www.myiathletics.com) by 07/13/2022 at 11:59 PM PST. **Late entries will not be allowed.** Online registration opened 11/01/2021. **Fees must be paid online by the close of registration. Only VISA and electronic check will be accepted.** Accuracy of data entered is the responsibility of each club and/or athlete.

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**EVENT CHECK-IN:** There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 15 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 \$10.00 dollars. Bib numbers will be distributed to athletes at the front gate at the track & field venue on Saturday, July 16<sup>th</sup>, 2022 from 7:00 a.m. until the meet is finished.

**EVENT RESULTS:** During competition, ***“live”*** event results will be posted at [www.athletics.net](http://www.athletics.net)

**PROTESTS:** There will be a \$100 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.

### **RULES – CONDUCT & FACILITY:**

***ONLY TEAM COOLERS ALLOWED***

***ONLY 1/4 INCH SPIKES ALLOWED***

***TENTS ONLY ALLOWED AT TOP OF THE STADIUM SEATS***

### **GATE ADMISSION FEES:**

**\$12.00 per person (ages 1, 2, and 3 are “no charge”)**

**AWARDS:** ***MYIA*** medals will be awarded to the top eight (8) individuals in each event of each age division. Trophies will be awarded to the top three (3) male and top three (3) female teams.

**AWARDS:** The **CUSTOM MEDALS** pictured below are awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> – 8<sup>th</sup> place in each event and each age group!



The **CUSTOM TEAM TROPHIES** are awarded for 1st, 2nd, and 3rd place team score being determined by adding points for male athletes & female athletes on a team!

**CONTACT Name:** Coach Herb Jones

**Phone Number:** (770) 378-7378

**E-mail:** herb@myiathletics.com

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## Session #1

### Field Events Schedule:

*Field events will begin at 8:00 A.M. with the first age division as listed below, followed by the remaining age groups on a rolling schedule!*

*3 attempts - no finals*

### 8:00 a.m. Javelin

**Mini Jav (300g):** 7-8 girls/boys

**Turbo Jav (400g):** 9/10; 11/12 girls/boys

**Aero Jav (450g):** 13/14 girls/boys

.....**RUBBER TIP REQUIRED**

**Javelin (600g-F; 800g-M):** 15/16; 17/18 girls/boys;

Open women/men

### 8:00 a.m. Standing Long Jump

4-6 girls/boys

### 8:00 a.m. Long Jump

7-8, 9/10, 11/12, 13/14, 15/16, 17/18 girls/boys; &

Open women/men

### Triple Jump

13/14, 15/16, 17/18 girls/boys; Open women/men

### 9:00 a.m. High Jump

9/10; 11/12; 13/14; 15/16; 17/18 girls/boys & Open women/men

### 9:00 a.m. Shot Put

11/12 girls; 11/12 boys (**6lbs**)

9/10 girls; 9/10 boys (**6lbs**)

8u girls; 8u boys (**4lbs**)

13/14 girls(**6lbs**); 13/14 boys(**12lbs**)

15/16 girls (**8.8lbs**); 15/16 boys (**12lbs**)

17/18 girls(**8.8lbs**); 17/18 boys (**12lbs**)

Open women(**8.8lbs**); Open men (**16lbs**)

Masters women(**3-4lbs**); Masters men (**3-7.26lbs**)

### Field Events Summarized:

[LJ] long jump

[TJ] standing long jump

[TJ] triple jump

[JT] turbo-javelin

[JT] areo-javelin

[JT] javelin throw

[SP] shot put

[HJ] high jump

## Session #2

### Running Events Schedule: **10:30 A.M.**

### Rolling Schedule

*Heats may be combined for efficiency*

*Events will be run youngest to oldest, females; then males (except where designated)*

1500m Race Walk - all age divisions (F/M)

80m Hurdles (30") – 11/12 F/M

100m Hurdles (30") – 13/14 F

100m Hurdles (33") – 15/16, 17/18 F

100m Hurdles (33") – 19+ F

110m Hurdles (39") – 15/16, 17/18 M

110m Hurdles (39") – 19+ (M)

4x100m relay – all age divisions (F/M)

1500m Run – all age divisions (F/M)

100m - all age divisions (F/M)

60m – 1, 2, & 3 years-old age division (F/M)

400m - all age divisions (F/M)

800m - all age divisions (F/M)

200m - all age divisions (F/M)

3000m Run – all age divisions (F/M)

4x400m Relay-all age divisions (F/M)

### Running Events Summarized:

#### Sprint

[60] 60m dash [100] 100m dash

[200] 200m dash [400] 400m dash

#### Hurdle

[80H] 80m hurdles

[100H] 100m hurdles [110H] 110m hurdles

[200H] 200m hurdles [400H] 400m hurdles

#### Distance

[800] 800m run [1500] 1500m run

[3000] 3000m run

#### Walk

[1500W] 1500m walk

#### Relay

[400] 4x100m relay [1600] 4x400m relay