



2022 Pacific Association (Region 16) Combined Event Championships and

Arlevia Livingston Combined Event Triathlon

Logan High School, Union City, CA
Saturday – July 09, 2022 and Sunday – July 10, 2022

Spectators FREE! Gates open 7:30 AM

No food/drink available onsite

This competition is open to all Pacific Association youth athletes aged 9-18 (18- year-olds must not turn 19 before 7/31/2022) **The top two (2) finishers in each division, and any other point qualified finishers, will qualify to compete in the Combined Event competition at the USATF National Junior Olympics** to be held in Sacramento, CA, July 25-31, 2022.

An **exhibition** Group 1 (8 and under) Arlevia Livingston Combined Event Triathlon has been added this year. Athletes will compete in the Shot-Put (2K), Long Jump and 200M(girls) or 400M(boys). All finishers will receive an award. First place will receive a trophy.

Enter online at: <https://www.athletic.net/TrackAndField/meet/471646/register>

Entry Deadline: July 01, 2022 11:59 PM PDT

NO LATE ENTRIES WILL BE ACCEPTED

Meet Director:

Lee Webb lwebb@nhusd.k12.ca.us

Registration for Region 16 Combined Events

- This event is open to all age-verified youth members of the Pacific Association
 - 2022 USATF membership required **NO EXCEPTIONS**
 - Athlete's age must be verified on USATF website
 - [AGE VERIFICATION INSTRUCTIONS](#)
- In order to register as a club team member, the club must be a 2022 USATF sanctioned club •

[Registration Instructions](#)

Enter online at: <https://www.athletic.net/TrackAndField/meet/471646/register>

Entry Fees:

- Triathlon– 8 and Under and 9-10 Girls and Boys \$20
- Pentathlon– 11-12, 13-14 Girls and Boys \$25
- Heptathlon– 15-16, 17-18 Girls \$35
- Decathlon-- 15-16, 17-18 Boys \$35

Spectators FREE! Gates open 7:30 AM

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Competition Information:

- **This meet will be subject to 2022 USATF Rules of Competition. Please review the 2022 USATF Rules at: <http://www.usatf.org/About/Competition-Rules.aspx>**
 - **Athletes are not allowed to use cell phones, headsets, smart-watches or any other type of electronic devices while in the clerking area, field of competition or on the infield.**
 - **All field events will be three attempts (misses).**
 - **Per USATF Rule 305.2(d)**
 - *The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships.*
- **Except as otherwise provided, scoring shall be based on the current IAAF Scoring Tables for Combined Events. USATF Rule 302.6(b)**
- **Athletes will be allowed up to 30 minutes warm-up time between each event. The next event will proceed when 30 minutes has elapsed or all athletes competing in the event indicate to officials they are prepared to proceed.**

Implements

- **Athletes must provide their own implements (Shot, Discus, Javelin)**
 - **All implements (discuses, shots, javelins) must be inspected through meet Implement Inspection the day of the event to be used in competition.**
- **Decathletes must provide their own poles for Pole Vault**
 - **A competitor may not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition. (USATF Rule 302.5 n)**
 - **Competitors may be required to “weigh-in” prior to competition**

2022 Pacific Association (Region 16) Combined Event Championships

Saturday, July 9:

• 9:00 AM

- **Decathlon** (100M, Long Jump, Shot Put-12 lb, High Jump, 400M)
 - Group 5 boys – 15-16 years old
 - Group 6 boys – 17-18 years old
- **Triathlon** (Shot Put-6 lbs, High Jump, 200M)
 - Group 2 girls-- 9-10 years old

• 9:30 AM

- **Heptathlon** (100M Hurdles, High Jump, Shot Put-4K, 200M)
 - Group 5 girls – 15-16 years old
 - Group 6 girls – 17-18 years old

• 10:00 AM (approximately)

- **Pentathlon** (100M Hurdles, Shot Put-6-lb, High Jump, Long Jump, 800M)
 - Group 4 girls—13-14 years old

• 10:30 AM (approximately)

- **Pentathlon** (80M Hurdles, Shot Put-6lb, High Jump, Long Jump, 800M)
 - Group 3 girls– 11-12 years old

EXHIBITION

• 11:30 PM (approximately)

- **Arlevia Livingston Triathlon** (shot-Put-2K; Long-Jump, 200M)
 - Group 1 Girls- 8 and Under

Sunday, July 10:

• 9:00 AM

- **Decathlon** (110M Hurdles, Discus Throw-1.6k, Pole Vault, Javelin Throw-800g, 1500M)
 - Group 5 boys – 15-16 years old
 - Group 6 boys – 17-18 years old
- **Heptathlon** (Long Jump, Javelin Throw-600g, 800M)
 - Group 5 girls – 15-16 years old
 - Group 6 girls – 17-18 years old
- **Triathlon** (Shot Put-6 lb), High Jump, 400M)
 - Group 2 boys-- 9-10 years old

• 9:30 AM

- **Pentathlon** (100M Hurdles, Shot Put-4K, High Jump, Long Jump, 1500M)
 - Group 4 boys—13-14 years old

• 10:00 AM

- **Pentathlon** (80M Hurdles, Shot Put-6-lb High Jump, Long Jump, 1500M)
 - Group 3 boys—11-12 years old

EXHIBITION

• 10:30 AM (approximately)

- **Arlevia Livingston Triathlon** (shot-Put-2K; Long-Jump, 400M)
 - Group 1 Boys- 8 and Under