



2023 USATF Region 14  
Junior Olympic Combined Events and T&F Championships

July 6-9, 2023

Golden Valley High School Track  
2121 E. Childs Ave.  
Merced, CA 95341

Welcome! The Central California Association of USA Track and Field (USATF) welcomes you to the USATF Region 14 Junior Olympic Track & Field Championships. For all questions and the latest updates, please contact us at:

[president@centralcalifornia.usatf.org](mailto:president@centralcalifornia.usatf.org)  
[secretary@centralcalifornia.usatf.org](mailto:secretary@centralcalifornia.usatf.org)

In the event of an emergency, you may reach the Meet Director, Lynell Glover, at (559) 691-0377.

## Registration

### Online registration

Online registration for multis is open and available at: <https://www.athletic.net/TrackAndField/meet/513662/register>

Online registration for track & field events is open and available at:

<https://www.athletic.net/TrackAndField/meet/514266/register>

### Registration deadline

You must complete your registration process before **11:59 pm PST on Monday, July 3**. Please, do not wait until the last minute. The website may not be able to handle a large volume of entries, and we will not be responsible for your inability to complete the process. **There will be no late registration and no same-day registration.**

### Registration cost

Cost per athlete: \$9.00 per event entered.

Cost per relay: \$36.00 per event entered. Please note: Unattached athletes may not form a relay team.

Cost for multis: \$17.00 for triathlon and pentathlon. \$22.00 for heptathlon and decathlon.

There will be no refunds.

### Eligibility

Per USATF Rule 300.1(c), athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships.

Per USATF Rule 300.1(d), athletes who are still eighteen (18) years of age through the final day of the National Junior Olympics Track & Field Championships shall be eligible to compete in the 17–18-year-old division through that meet.

Athletes must compete in their own respective age group. These age groups are based on the age the athlete will turn in the year 2023. Please see the chart.

### USATF Age divisions

Youth competition takes place in two-year age divisions.  
These age divisions are based  
on the age the athlete will turn in the year 2023.

Age division for 2023	Year of birth
Age 8 and under (Group 1)*	2015 or later
Age 9-10 (Group 2)*	2013-2014
Age 11-12 (Group 3)*	2011-2012
Age 13-14 (Group 4)**	2009-2010
Age 15-16 (Group 5)**	2007-2008
Age 17-18 (Group 6)**	2005-2006

\* Athletes may compete in up to 3 events, including relays.

\*\* Athletes may compete in up to 4 events, including relays.

### Packet pick-up

Only a background-checked club coach can pick up competition bib numbers and related materials at Golden Valley High School Track. This does not apply to unattached athletes. Please arrive early enough to get your packets before the meet begins.

### Qualifying Rules

With approval of the Association, athletes who miss their Association Championships because of extraordinary circumstances may be advanced to the Regional meet so long as such advancement does not displace an athlete who competed in the Association meet and does not exceed the Association's allocation to the Regional meet. This may be approved by the meet directors.

An athlete can miss the Association Championship, but not the Regional Championship, if the absence is the result of participation in a USATF cultural exchange trip. These exceptions must be worked out with the Regional Coordinator **before** the meet takes place. These clearances should be made by contacting the Regional Coordinator, David Lawrence, at [dlaw222@aol.com](mailto:dlaw222@aol.com)

Athletes who compete in the Junior National Championships or World Youth Championships may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet if they meet the youth athletics age limits. Acquisition of the waiver and completion of the entry to the National meet must be made **before** the regional meet by contacting the Regional Coordinator, David Lawrence, at [dlaw222@aol.com](mailto:dlaw222@aol.com)

## Competition Rules

### No electronic devices

Athletes are not allowed to use cell phones, headsets or any other type of electronic devices while in the Clerking area, field of competition or on the infield.

### Athlete check-in

Athletes can be checked in all day.

Track event athletes can check into their events with the Clerk of the Course first thing in the morning for all their events. We will still do a first and final call. Athletes should then report to the clerking area and remain there. After the event is closed, no changes will be made for any running events.

All four members of a relay team must check in together at the Clerk of the Course and all four members' tops must match.

Field event athletes must check in at their field event.

If an athlete's name does not appear on the check in sheet, the athlete must take the bib number to the finish line to have the event signed off.

If an athlete is competing in a field event and their running event is coming up, the athlete must check out of the field event with the head field event official and then check in at the running event. As soon as they complete the running event, they need to check back into the field event. In such cases as high jump or pole vault, the bar will continue to go up, and the athlete must re-enter the event at whatever height the bar is set.

### Bib numbers and hip numbers

All athletes will have a bib number assigned to them in order to compete. Bib numbers will be distributed at packet pickup. Athletes must only wear their own number. Bib numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back, if they would prefer.

For all running and race walking events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding. Hip numbers must be worn on the correct hip (hip facing infield while competing – not on the buttocks or on the front of the shorts). Shirts must be tucked in so hip numbers are visible by camera at finish line. In some of the longer distance races, hip numbers may also be placed on the front of the shirt to assist with lap counting.

### Implements

Field event implements (except javelins and pole vault poles) may be supplied by meet management. Personal implements must be passed by our Weights & Measures official. Implement check-in starts at 6:30 am.

### Spike length

Maximum 3/16" pyramid or compression on all synthetic rubber surfaces. Athletes who do not have the proper spikes will be asked to obtain the correct spikes or they will not be allowed to compete. Racing flats can always be substituted for racing spikes.

### Starting heights

The starting height for the high jump and the pole vault will be per USATF rule 242.5(k). Incremental increases will be 2" in the high jump and 6" in the pole vault until there is a winner. The winner may then determine the next height.

**USATF false start rules**

The 15-16 and 17-18 age groups are no longer allowed any false starts, like their high school rule.

The 7-8, 9-10, 11-12, 13-14 age groups are allowed one false start.

**Protest procedures**

All protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per Rule 73. This time period will be strictly enforced. There will be a \$75.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the USATF 2022 Rules of Competition may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. The location of the protest table will be announced.

**Results posting**

Results will be posted at a designated location during the meet as soon after the competition as possible. Posted results are for the benefit of everyone, so please do not remove them. The results will only be posted once. If they are removed, they will not be posted again. You may check <https://www.athletic.net/> for results within 3 days after the competition ends.

**Awards**

Medals are awarded to the overall top five (5) places in each event.

Awards will be available for the designated club coach or parent of an unattached athlete at the awards table 30 minutes after results are posted. Athletes can pick up their own awards. NOTE: The 30-minute waiting period is required to allow processing time in the event a protest is filed regarding an event result.

**Advancement**

The Top 8 athletes in each event shall advance to the 2023 USATF National Junior Olympic Track & Field Championships at Hayward Field in Eugene, OR.

**Medical services and security**

Qualified personnel will be available at all sessions of the championships. Additional medical facilities are near the stadium. A fire department and rescue unit are located within minutes of the stadium.

## Stadium Rules

### Access to infield/Clerk of the Course area

Only athletes who are competing will be allowed access to the track or Clerk of the Course area. Any coach or parent in the infield or clerking area may result in the immediate disqualification of their athlete or team and an automatic grievance will be filed for a 30-day suspension.

### Access to warm-up area

Only athletes and USATF coaches with valid 2023 clearance will be allowed access to this area. Any parent or uncleared USATF coach in the warm-up area may result in the immediate disqualification of their athlete or team and/or an automatic grievance will be filed for a 30-day suspension.

### Tents

Tents are allowed on the top row of the bleachers only, but they cannot block the announcer's area. Tents must be broken down and removed from the stadium at the completion of competition each day. Golden Valley High School Track and USATF are not responsible for lost or stolen items.

### Alcohol

There is no alcohol permitted on school grounds.

### Smoking

The school is a SMOKE FREE ZONE. There is no smoking allowed inside or immediately outside of the stadium.

### Coolers

Coolers are permitted inside the stadium. However, glass containers are not permitted. Coolers may be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium.

### Admission and related coaches' credentials (wristband information)

All entrants (except athletes, some coaches and persons under age 3) will pay \$8.00 per day for admission to the venue. A 3-day (Friday/Saturday/Sunday) pass will be available for \$20.00. A 4-day (Thursday/Friday/Saturday/Sunday) pass will be available for \$25.00.

1-8 Athletes	NO (0) complimentary coaches credentials issued.
9-16 Athletes	One (1) complimentary coaches credential per club.
17-25 Athletes	Two (2) complimentary coaches credentials per club.
More than 25 Athletes	Three (3) complimentary coaches credentials per club.

\*A maximum of three (3) complimentary coaches credentials will be given to any club. There are absolutely NO replacements for lost or stolen credentials.

Coaches passes (wristbands) will be handed out at the time of packet pick up. Coaches must be wearing wristbands to gain entry. Athletes must wear their bibs on their uniforms to gain entrance.

### Parking

There is a \$5.00 daily fee to park.

### Food services

Food and beverages will be sold throughout the meet. You may bring your own food and drink into the stadium, but you may not bring in glass containers. When you leave, you must remove anything you brought in with you. For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal. BBQ pits and sunflower seeds are not allowed in the stadium.

### Lost and found

A lost and found area will be located near the protest table.

## Events Schedule

**PLEASE NOTE: Events may run up to 30 minutes in advance of the scheduled time.**

**Athletes are not allowed to use cell phones, headsets, or any other type of electronic devices while in the clerking area, field of competition, or on the infield.**

**Thursday, July 6, 2023**

### **Multi Events:**

**9:00 AM**

**15-16 and 17-18 Decathlon (Day 1):**

100 Meter Dash

High Jump

Shot Put (12 lb)

400 Meter Dash

**9:30 AM**

**11-12 Girls/Boys Pentathlon:**

80 Meter Hurdles

High Jump

Shot Put

Long Jump

800/1500 Meter Run

**10:30 AM**

**13-14 Girls/Boys Pentathlon**

100 Meter Hurdles (30"/33")

High Jump

Shot Put (6 lb/4 kilos)

Long Jump

800/1500 Meter Run

**11:30 AM**

**15-16 Girls and 17-18 Womens Heptathlon (Day 1):**

100 Meter Hurdles (33")

High Jump

Shot Put (6 lb/4 kilos)

200 Meter Dash

### **Running Events:**

**3:00 PM**

4X800 Relay (Final) - ALL DIVISIONS

## Events Schedule

**PLEASE NOTE: Events may run up to 30 minutes in advance of the scheduled time.**

**Athletes are not allowed to use cell phones, headsets, or any other type of electronic devices while in the clerking area, field of competition, or on the infield.**

**Friday, July 7, 2023**

### **Multi Events:**

**9:30 AM**

**9-10 Girls/Boys Triathlon:**

Shot Put (6 lb/4 kilos)

High Jump

200/400 Meter Dash

**10:00 AM**

**15-16 Girls and 17-18 Womens Heptathlon (Day 2):**

Long Jump

Javelin

800 Meter Run

**10:00 AM**

**15-16 and 17-18 Decathlon (Day 2):**

110 Meter Hurdles (39")

Discus (1.6 kilos)

Pole Vault

Javelin (800 g)

1500 Meter Run

### **Field Events:**

**8:00 AM**

**Hammer:** Women followed by Men

(To be held at Merced Junior College)

**11:00 AM**

**Long Jump:** 8 and under Girls followed by Boys

**3:00 PM**

**Javelin:** 13-14 Girls

**4:30 PM**

**Javelin:** 13-14 Boys

### **Running Events:**

**8:00 AM**

3000 Meter Run Finals (11-12, 13-14, 15-16 Girls/Boys,  
17-18 Women/Men)

**10:00 AM**

4x100 Relay (Qualifier) – ALL DIVISIONS

**12:30 PM**

4x400 Relay (Qualifier) – ALL DIVISIONS

**3:00 PM**

800 Meter Run (Final) – ALL DIVISIONS

**5:00 PM**

200 Meter Dash (Qualifier) – ALL DIVISIONS

## Events Schedule

**PLEASE NOTE: Events may run up to 30 minutes in advance of the scheduled time.**

**Athletes are not allowed to use cell phones, headsets, or any other type of electronic devices while in the clerking area, field of competition, or on the infield.**

**Saturday, July 8, 2023**

### Field Events:

**8:00 AM**

**Javelin:** 15-16 Girls followed by 17-18 Women

**9:00 AM**

**High Jump:** 17-18 Men followed by 15-16 Boys

**Mini Javelin:** 9-10 Girls followed by 9-10 Boys

**Pole Vault:** All Girls/Women

**Shot Put:** 15-16 Boys (12 lb) followed by 17-18 Men (12 lb)

**Triple Jump:** 13-14 Boys followed by 13-14 Girls

**10:00 AM**

**Triple Jump:** 15-16 Boys followed by 15-16 Girls

**10:30 AM**

**Discus:** 11-12 Girls followed by 13-14 Girls

**11:00 AM**

**High Jump:** 9-10 Boys followed by 11-12 Boys

**Triple Jump:** 17-18 Men followed by 17-18 Women

**12:00 PM**

**Aero Javelin:** 11-12 Girls followed by 11-12 Boys

**Shot Put:** 11-12 Boys (6 lb) followed by 13-14 Boys (4 kg)

**1:00 PM**

**High Jump:** 11-12 Boys followed by 13-14 Boys

**Long Jump:** 9-10 Girls followed by 9-10 Boys

**1:30 PM**

**Discus:** 15-16 Girls followed by 17-18 Women

**3:00 PM**

**Long Jump:** 11-12 Girls followed by 11-12 Boys

**Shot Put:** 8 and under Boys (2 kg) followed by 9-10 Boys (6 lb)

### Running Events:

**8:00 AM**

**1500m Race Walk (Final)** – 9-10 followed by 11-12 Girls/Boys

**8:30 AM**

**3000m Race Walk (Final)** –13-14 Girls/Boys

**9:00 AM**

**3000m Race Walk (Final)** –15-16 Girls/Boys followed by 17-18 Women/Men

**10:45 AM**

**80m Hurdles (Qualifier)** – 11-12 Girls/Boys

**100m Hurdles (Qualifier)** – 13-14, 15-16 Girls/Boys, 17-18 Women

**110m Hurdles (Qualifier)** –15-16 Boys, 17-18 Men

**12:30 PM**

**400 Meter Dash (Qualifier)** – ALL DIVISIONS

**1:15 PM**

**100 Meter Dash (Qualifier)** – ALL DIVISIONS

**3:45 PM**

**200m Hurdles (Qualifier)** – ALL DIVISIONS

**400m Hurdles (Qualifier)** – ALL DIVISIONS

**4:30 PM**

**4x100 Meter Relay (Final)** – ALL DIVISIONS



## Events Schedule

**PLEASE NOTE: Events may run up to 30 minutes in advance of the scheduled time.**

**Athletes are not allowed to use cell phones, headsets, or any other type of electronic devices while in the clerking area, field of competition, or on the infield.**

**Sunday, July 9, 2023**

### Field Events:

#### 8:00 AM

**Javelin:** 17-18 Men (800 g)

**Shot Put:** 17-18 Women (4 kg) followed by 15-16 Girls (4 kg)

#### 9:00 AM

**High Jump:** 17-18 Women followed by 9-10 Girls

**Long Jump:** 13-14 Boys followed by 15-16 Boys

**Pole Vault:** All Boys/Men

#### 9:30 AM

**Mini Javelin:** 8 and under Girls (300 g)

#### 10:30 AM

**Javelin:** 15-16 Boys (800 g)

#### 11:00 AM

**High Jump:** 15-16 Girls followed by 11-12 Girls

**Shot Put:** 13-14 Girls (6 lb) followed by 11-12 Girls (6 lb)

#### 11:30 AM

**Discus:** 13-14 Boys followed by 17-18 Men

**Mini Javelin:** 8 and under Boys (300 g)

#### 1:00 PM

**High Jump:** 13-14 Girls

**Long Jump:** 17-18 Men

#### 2:00 PM

**Shot Put:** 9-10 Girls (6 lb) followed by 8 and under Girls (2 kg)

#### 2:30 PM

**Discus:** 15-16 Boys followed by 11-12 Boys

### Running Events:

#### 8:00 AM

1500m Run (Final) – ALL DIVISIONS

#### 10:00 AM

80m Hurdles (Final) – 11-12 Girls/Boys

100m Hurdles (Final) – 13-14, 15-16 Girls/Boys, 17-18 Women

110m Hurdles (Final) – 15-16 Boys, 17-18 Men

#### 10:45 AM

400 Meter Dash (Final) – ALL DIVISIONS

#### 12:30 PM

200m Hurdles (Final) – ALL DIVISIONS

#### 12:45 PM

400m Hurdles (Final) – ALL DIVISIONS

#### 1:00 PM

100 Meter Dash (Final) – ALL DIVISIONS

#### 2:15 PM

200 Meter Dash (Final) – ALL DIVISIONS

#### 4:00 PM

4x400 Meter Relay (Final) – ALL DIVISIONS

## **Youth Sports Code of Conduct**

We, the Central California Association of USA Track & Field, believe that the sports of Cross Country, Track & Field, and Race Walking should be fun as well as an integral part of a sound educational program. We believe those who coach and work with youth are, first and foremost, teachers who have a duty to promote life skills and develop good character. All head coaches will be responsible for the actions of athlete, coaches, and parents who are involved with their club.

Spectators will be given one warning of inappropriate conduct. If it continues, they will have to leave the stadium.