



2023 USATF Minnesota Association Junior Olympic Track & Field Championships

Thursday - Sunday June 15 -18, 2023
Lakeville South HS, Lakeville, MN

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

| |
|---|
| 8 & under (born 2015 +) |
| 9 - 10 (born 2013-2014) |
| 11 - 12 (born 2012-2011) |
| 13 - 14 (born 2009-2010) |
| 15 - 16 (born 2007-2008) |
| 17 - 18 (born 2005-2006) |
| * athletes born in 2004 are also eligible if they do not turn 19 on or before 7/24/2023 |



Individuals: 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. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2023 members of USATF in good standing.

Relay Teams: Only registered 2023 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit www.usatf.org/membership.

ENTRY PROCESS:

Individual Entries: \$8.00 per event
Relay Entries: \$32 per relay team
Decathlon/Heptathlon: \$15 per decathlete/heptathlete
Triathlon/Pentathlon: \$10 per triathlete/pentathlete

Club Administrators and Unattached Athletes should register online at

<https://www.athletic.net/TrackAndField/meet/493251>

Registration Deadlines:

Multi Events: Need to register at least 1 hour prior to the start of your event (ONLINE ONLY!)

Saturday & Sunday Events: Friday at 8pm

Late entries will not be allowed & on site registration will NOT be offered. Online registration opens May 1, 2023. **Fees must be paid online by the close of registration.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry.

Club Administrators and Unattached Athletes should register online at ([place direct Athletic.net registration link here](#)) by **Date** at **Time**. **Late entries will not be allowed.** Online registration opens **date**. **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.** Links to help documents with step-by-step instructions:
-Submitting Team Entries: <https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>
-Registering as an Individual: <https://support.athletic.net/article/90hyv0deh5-registering-for-an-event-as-an-individual>

Valid 2023 USATF Membership is required for participation.

Membership Chair: Jeremy Kieser
Email: membership@minnesota.usatf.org

DATE OF BIRTH VERIFICATION POLICY

(revised 4-21)

USATF National Championships require that event registrants shall be date-of-birth verified. Members are required to upload/submit their birthdate verification documents while completing their membership profile on the USATF Connect system. There may be other competitions that require birthdate verification. Check event eligibility requirements carefully when registering for an event.

DOCUMENT SUBMISSION DEADLINE

Documents submitted for birthdate verification will be processed within five (5) business days of submission (excluding holidays). It is the responsibility of the registrant to assure submission in a timely manner to meet entry deadlines.

HOW TO SUBMIT DOCUMENTS

Birthdate verification documents must be uploaded through USATF Connect. If you are experiencing trouble uploading these documents, please contact the USATF National Office for assistance. 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 granted for invalidated documents that require re-submission. The processing period will remain in effect. Birthdate verification documents will remain a permanent part of the member profile and will not require re-submission.

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.

8 & UNDER AGE GROUP: 8 and under age division athletes must be at least 7 years of age by December 31 of the current year to be eligible to compete at the USATF National Junior Olympic Championship. Athletes younger than 7 as of Dec. 31 of the current year may compete at the association and region meets (if qualified from association) only.

TRACK EVENT CHECK-IN: Track athletes will check in on the outside of the track near the 200m start line. Only athletes will be allowed in the clerking area. See attached map for clerking area.

FIELD EVENT CHECK-IN: Field athletes should report in no earlier than 30 minutes prior to the scheduled start of the field event at the field event venue but not later than the scheduled start. Athletes may be permitted to check-in after the scheduled start while an event is still in the preliminary stage but will not be permitted to take warm-up attempts after the event has officially started. Crossbars will not be lowered in the high jump or pole vault for late arriving athletes. If an athlete has not checked in at the point all other athletes have completed preliminary attempts, a late arriving athlete will not be permitted to compete.

LONG JUMP/TRIPLE JUMP: Athletes must check in with the event officials and work with the officials to get jumps completed before leaving for other events or communicate with officials about event conflicts. Officials will attempt to work with athletes to manage track and field event conflicts or field and field event conflicts by providing for jumps out of order in preliminaries or consecutive jumps. The top 9 athletes from preliminaries will advance to the finals. During the finals, athletes will jump in reverse order (9th best going first, 1st competing last) and will be called to jump by the official. During the finals, athletes must be present to jump when called and must compete in the order assigned. If an athlete is not present when called during finals, the athlete will be marked as having passed the attempt and will not be permitted to take a passed jump later. Athletes may request to take consecutive jumps in preliminary rounds or finals.

POLE VAULTER WEIGH-IN AND IMPLEMENT WEIGH-IN: Shot, discus, javelin and hammer weigh-in and inspection will take place near the entry to the stadium beginning at 8:15 AM Saturday for all age divisions. Javelins, hammers, pole vault poles and implements used for combined events will be inspected at field event venues. Only implements inspected will be allowed into competition. Pole vaulters will be required to be weighed prior to competition by meet officials and may only use poles rated for their weight on the day of competition. See implement table for specifications for each age group event.

| Implements | | | | | |
|----------------------|--------------------|--------------------|--------------------|---------------------|---------------------|
| 8 & Under | 9-10 | 11-12 | 13-14 | 15-16 | 17-18 |
| Shot Put (G) 2 kg | Shot Put (G) 6 lb. | Shot Put (G) 6 lb. | Shot Put (G) 6 lb. | Shot Put (G) 4 kg | Shot Put (W) 4 kg. |
| Shot Put (B) 2 kg | Shot Put (B) 6 lb. | Shot Put (B) 6 lb. | Shot Put (B) 4 kg | Shot Put (B) 12 lb. | Shot Put (M) 12 lb. |
| Mini Jav (G) 300g | Mini Jav (G) 300g | Mini Jav (G) 300g | Javelin (G) 600g | Javelin (G) 600g | Javelin (W) 600g |
| Mini Jav (B) 300g | Mini Jav (B) 300g | Mini Jav (B) 300g | Javelin (B) 600g | Javelin (B) 800g | Javelin (M) 800g |
| | | Discus (G) 1 kg | Discus (G) 1 kg | Discus (G) 1 kg | Discus (W) 1 kg |
| | | Discus (B) 1 kg | Discus (B) 1 kg | Discus (B) 1.6 kg | Discus (M) 1.6 kg |
| | | | | Hammer (G) 4 kg | Hammer (W) 4 kg |
| | | | | Hammer (B) 12 lb. | Hammer (M) 12 lb. |

TRACK PRELIMS AND FINALS: When 8 or fewer athletes from a gender/age group report to the clerk of course by the required check-in time for the 80/100/110 meter hurdles, the 100 meter dash, or the 200 meter dash, the event will be run as a final on the first day of competition and there will be no preliminary race. See specifications for hurdle races in the table:

| Hurdle Heights | Number of Hurdles | Start to first hurdle | Space between hurdles | Last hurdle to finish |
|---------------------------|-------------------|-----------------------|-----------------------|-----------------------|
| 11-12 | | | | |
| 80 m Hurdles (G & B) 30" | 8 | 12 m | 7.5 m | 15.5 m |
| 13-14 | | | | |
| 100 m Hurdles (G) 30" | 10 | 13 m | 8.0 m | 15 m |
| 100 m Hurdles (B) 33" | 10 | 13 m | 8.5 m | 10.5 m |
| 200 m Hurdles (G & B) 30" | 5 | 20 m | 35 m | 40 m |
| 15-16 | | | | |
| 100 m Hurdles (G) 33" | 10 | 13 m | 8.5 m | 10.5 m |
| 110 m Hurdles (B) 39" | 10 | 13.72 m | 9.14 m | 14.02 m |
| 400 m Hurdles (G) 30" | 10 | 45 m | 35 m | 40 m |
| 400 m Hurdles (B) 36" | 10 | 45 m | 35 m | 40 m |
| 17-18 | | | | |
| 100 m Hurdles (G) 33" | 10 | 13 m | 8.5 m | 10.5 m |
| 110 m Hurdles (B) 39" | 10 | 13.72 m | 9.14 m | 14.02 m |
| 400 m Hurdles (G) 30" | 10 | 45 m | 35 m | 40 m |
| 400 m Hurdles (B) 36" | 10 | 45 m | 35 m | 40 m |

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 \$5.00. Bib numbers will be distributed to athletes at the southeast entry to the track. Coaches may pick up an entire team packet of bibs provided the coach is listed in good standing as a coach with USATF for 2023.

SPIKES: Only ¼" pyramid spikes (or smaller) are permitted on the track. Improper spikes will not be permitted. ¼" replacement spikes will be available to purchase until supplies are sold out. Athletes are expected to bring their track shoes with spikes to the clerking area for inspection.

EVENT RESULTS: Results will only be posted online at www.wayzataresults.com and on the scoreboard. No printed results will be available.

AWARDS: USATF medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division. Ribbons will be awarded to places 4th through 9th.

ADVANCEMENT TO FINALS: Track Events: For events run in prelims (100 dash, 200 dash, 80H, 100H, 110H) qualification to finals will be as follows: Top 1 in each heat and the next fastest by time (Fill to 9). Field Events: qualification will be on performance in the preliminary flight(s) – 9 to finals in the field events.

ADVANCEMENT TO REGIONALS: The top 8 individuals and relay teams in each event of each age division will advance to the USATF Region 8 Championships

NEW in 2023: Secondary Qualifiers: After all Association meet have been completed and all results have been uploaded to Athletic.net, each age group will be ranked by final result and the automatic qualifiers will be notified through athletic.net. If, in any event at any age group there are fewer athletes than there are qualifying spots from any association in the region, those qualifying spot maybe filled by the next highest ranking non-primary-qualifier from the region at large.

2023 Qualifying Spots (All events): 45

GATE ADMISSION FEES: \$5/person age 6 and older. Coaches must show their current 2023 USATF membership card and must be listed on the USATF website as being in good standing.

RULES – CONDUCT & FACILITY: Coolers are not permitted in the stadium. No glass bottles or containers permitted. No grills permitted. No alcohol or tobacco permitted on school property. No pets permitted. All participants and spectators are expected to show proper conduct towards others and the facility. Meet administration reserves the right to have individuals removed from the facility for behavior deemed unacceptable. No refunds.

DIRECTIONS & PARKING: Lakeville South HS address is: 21135 Jacquard Ave, Lakeville, MN 55044. Parking will be in the main lots (no parking fee).

VOLUNTEERS NEEDED: Staging track meets requires many people. No prior experience necessary for many positions. Please contact the meet director if you can help for even ½ of a day.

NO ANIMALS PERMITTED AT THE TRACK STADIUM OR FIELD EVENT VENUES: Exception made for service animals for individuals with disabilities.

CLOSED FIELD AND WARM-UP AREA: The football field will be closed except for a flagged warm-up area. The track is closed for all warm-ups once the meet begins.

COACHES BOXES/CLOSED OFF AREAS: Infield: IS CLOSED TO ALL ATHLETES AND COACHES DURING THE MEET. Only athletes who have been checked in by the clerk will be allowed to enter the infield for warmups. Field Event areas will have designated coaching boxes.

PROTESTS: There will be a \$100 cash fee for all protests. Protests must be submitted to the 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.

RECORDS: Meet records maintained since 1984 are available at <http://www.wayzataresults.com/records> .

CONTACT:

Name: Josh Gerber (Meet Director)

Phone Number: 612-849-0713 (text only)

E-mail: josh@wayzataresults.com (preferred method)

Name: Ernst North (Youth Chair)

Phone Number: 773-474-3300

E-mail: ernestmpls@aol.com

MEET SCHEDULE:

Steeplechase & Hammer Throw will NOT be contested.

Thursday, June 15

Gates open to athletes and spectators at 9:00am

10:00 am Decathlon Day 1 15-16 Boys and 17-18 Men (100m/LJ/SP/HJ/400)

10:15 am Pentathlon 13-14 Boys and Girls (100H/SP/HJ/LJ/800m girls or 1500m boys)

10:30 am Heptathlon Day 1 15-16 Girls and 17-18 Women (100H/HJ/SP/200)

Friday June 16

Gates open to spectators and athletes at 9:00am

10:00 am Decathlon Day 2 (110H/DT/PV/JT/1500)

10:30 am Heptathlon Day 2 (LJ/JT/800)

11:00 am Pentathlon 11-12 Boys and Girls (80H/SP/HJ/LJ/800m girls or 1500m boys)

12:00 pm Triathlon 9-10 Boys and Girls (SP/HJ/200m girls or 400m boys)

Saturday June 17

Gates open to spectators and athletes at 8:00am

Saturday Field Event schedule:

Long Jump

| | |
|----------|--------------------------|
| 9:00 am | 11-12 Boys and Girls |
| 10:15 am | 13-14 Boys and Girls |
| 11:30 am | 15-16 Boys and Girls |
| 12:45 pm | 17-18 Men and Women |
| 2:00 pm | 8 & under Boys and Girls |
| 3:15 pm | 9-10 Boys and Girls |

Shot Put

| | |
|----------|-----------------------------|
| 9:00 am | 15-16 Girls and 17-18 Women |
| 10:10 am | 8 & under Boys and Girls |
| 10:45 am | 11-12 Boys and Girls |
| 12:05 pm | 13-14 Girls |
| 12:40 pm | 9-10 Boys and Girls |
| 1:55 pm | 13-14 Boys |
| 2:35 pm | 15-16 Boys and 17-18 Men |

High Jump

| | |
|----------|-----------------------------|
| 9:00 am | 13-14 Boys and Girls |
| 10:20 am | 9-10 Boys and Girls |
| 12:00 pm | 11-12 Boys and Girls |
| 1:20 pm | 15-16 Girls and 17-18 Women |
| 2:40 pm | 15-16 Boys and 17-18 Men |

Pole Vault

| | |
|----------|-----------------------------------|
| 9:00 am | 13-14/15-16/17-18 Boys and Men |
| 12:30 pm | 13-14/15-16/17-18 Girls and Women |

Discus Throw

| | |
|----------|-----------------------------|
| 9:30 am | 15-16/17-18 Boys and Men |
| 11:30 am | 15-16/17-18 Girls and Women |
| 1:15 pm | 11-12/13-14 Boys and Girls |

Javelin Throw

| | |
|---------|-----------------------------|
| 2:00 pm | 15-16/17-18 Boys and Men |
| 2:30 pm | 15-16/17-18 Girls and Women |
| 3:00 pm | 11-12/13-14 Boys and Girls |

Saturday Track Schedule

10:00 am 3000m finals (ages 11-12, 13-14, 15-16, 17-18)
10:30 am 80H/100H/110H prelims (ages 11-12, 13-14, 15-16, 17-18)
11:15 am 100m prelims (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)
12:45 pm 800m finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)
2:00 pm 200H/400H finals (ages 13-14, 15-16, 17-18)
3:00 pm 200m prelims (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)
4:15 pm 4 x 400m relay finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18)

Sunday June 18

Gates open at 8:00 am

Sunday Field Event Schedule**Triple Jump**

10:45 -11:20 am 13-14 and 15-16 Boys and Girls prelims (cafeteria style); 11:25p-11:55p finals
12:25 -1:10 pm 17-18 Men and Women prelims (cafeteria style); 1:15p-1:45p finals

Mini (Turbo) Javelin

12:30 pm 9-10 Boys and Girls
1:30 pm 8 & under Boys and Girls

Sunday Track Schedule

9:00 am 1500m Race Walk (ages 9-10, 11-12) Timed Final
9:00 am 3000m Race Walk (ages 13-14, 15-16, 17-18) Timed Final
9:30 am 4 x 800 relay finals (ages 11-12, 13-14, 15-16, 17-18)
10:00 am 80H/100H/110H finals
10:30 am 100m finals
11:15 am 1500m finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18) Timed Final
12:15 pm 4 x 100 relay finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18) Timed Final
12:45 pm 400m finals (ages 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18) Timed Final
2:45 pm 200m finals

Facility Map

Key:

Red = Javelin & Discus Throw Area

Orange = Shot Put

Blue = Long Jump/Triple Jump & Pole Vault

Yellow = High Jump

Black = Clerking Area

