



2026 USATF Utah Association Junior Olympic Track & Field Championships Timpanogos High School; June 25-27, 2026 1450 N 200 E Orem, UT 84057

All youth athletes must have a current 2026 USATF membership prior to online registration with your Birth Certificate verified. If you have not previously had your date of birth verified, upload proof of date of birth to the USATF National office. Note this may take 5 days. Here is the link that shows how to do age verification.

[USATF Connect - Member Tutorials - How to add athlete verification documents on Vimeo \(vimeopro.com\)](#)

For club changes and updates, athletes or parents can now submit club transfer requests themselves. The Member will log into their USATF Connect profile and go to the membership area. Once in the membership area, click on the 3 dots to the right. Click on Transfers and select START TRANSFER; in the drop-down under new club, scroll down and select the new club. **Clubs and unattached athletes must register and pay online at [athletic.net](#) by 6:00PM Wednesday, June 24, 2026. Late entries will not be accepted.** Fees will only be accepted online. Coaches can either pay for your whole team or parents have the ability to pay for their children, but they need to create an account. The 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. Please **Do not sign up unattached if you are affiliated with a club.**

| Age Division | Year of Birth | Entry Limits |
|--------------|---------------|--------------|
| 8 & Under | 2018+* | 3 Events |
| 9 - 10 | 2016-2017 | 3 Events |
| 11 - 12 | 2014-2015 | 3 Events |
| 13 - 14 | 2012-2013 | 4 Events |
| 15 - 16 | 2010-2011 | 4 Events |
| 17 - 18 | 2008-2009** | 4 Events |

Entry limitations include relays, but not combined events. Entry in a relay, either as a primary or an alternate member, will be considered an entry.

* 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 National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships (July 26) are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

Entry & Fees: \$9.00 per event, \$32.00 per relay, \$18.00 for Heptathlon/Decathlon, and \$12.00 for Pentathlon/Triathlon. Athletes will receive bib numbers at the meet. Lost bib replacement charge is \$10.00. **Open/Masters athletes must register and pay entry fees online at [athletic.net](#) to compete.** There is a separate meet called Open/Masters.

Awards: Awards will be presented shortly after the conclusion of each event.

Contacts: General questions: Rachel Moody 801-971-6717 youth@utah.usatf.org

For Registration issues: Jen Fitzgarrald 801-472-0223 jensepos@gmail.com

Membership issues: must be done through the national office: all info can be found here:

<https://www.usatf.org/home/top-utility-nav-content/membership>

Qualification to Regionals: All youth athletes that register and participate at the USATF Utah Association State Track & Field Championship meet qualify to advance to the [Region 11 meet July 9-11 in Pocatello, ID](#). Online registration for the Region 11 meet is required. Clubs and athletes can register at [athletic.net](#) registration will be the same as for Association and will open following the USATF Utah Association Junior Olympic Track & Field Championship Meet.

Rules & Conduct: USA Track & Field Competition Rules will govern. Coaches and 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 or individual from further competition, or the 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.

Protests: Protests relating to matters, which develop during the conduct of the meet, must be made to the Referee, at once and not later than (30) thirty minutes after a result has been announced. All protests must be made in writing and accompanied by a \$100.00 cash deposit. The deposit will be refunded if the protest is upheld and forfeited if the protest is denied.

Uniforms: All relay team members must wear a top and shorts of the same color. Body suits must be of the same colors also.

Implements: All throwing implements will be inspected up to 30 minutes prior to the athlete's scheduled time of competition on each day. Implements will be marked and returned to the athlete. The head of each event will check to determine if the implement has been marked. Only marked implements will be allowed for the competition. All implements that fail to pass the inspection will be impounded until after the competition has completed. If you do not have implements some will be provided.

Prior to check-in, it is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight.

Equipment: Any legal baton may be used. Only starting blocks provided by meet management may be used. The maximum spike length allowed for running and field events is 1/4". Absolutely no needle nose or Christmas tree spikes will be permitted. This will be strictly enforced. Athletes with spikes that do not meet this requirement will not be admitted to their event.

Athlete Check-In: Athletes must check-in 20 minutes before the scheduled start of their event. Any athlete not checked-in by the last call for their event will be automatically scratched.

Parking: All teams and spectators will park in the parking lots. Do not park along Red Curbs

Admission: All athletes, coaches, and spectators can enter through the main entrance. There will not be a spectator fee this year.

Participant Seating/Tents: Tents and canopies are allowed on the grassy area around the track only. Please make sure your tents/canopies are secured with stakes and tie-downs. No slack-lines or hammocks are permitted. If you use an umbrella in the bleachers please sit in the upper half as to not disrupt other's view. Coolers and food may be brought into the stadium. No glass containers, smoking, or alcohol will be allowed.



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Schedule of 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 also attempt to stay on or ahead of schedule whenever possible. It is up to the coaches, athletes, and parents to pay attention to what's going on at all times.*

All athletes must check-in for their events. All Running Events, except for 100-meters & 200-meters are Timed Finals. All 100-meters & 200- meters events will have Prelims (Friday) and Finals (Saturday). **If there are 8 or less competitors in a division it will be run as a timed final on Friday night.**

All Field Events will have Trials & Finals with the exception of High Jump and Pole Vault. The Steeplechase and Hammer will not be contested at the Association level. If you wish to compete in these at Regionals please contact Jen Fitzgarrald jensepos@gmail.com to arrange being waived on.

Thursday, June 25, 2026

| | | | |
|-----------|------------|--|------------------------------------|
| 3:00 p.m. | Decathlon | 15-16B, 17-18M, Open/Masters | 100m, LJ, SP(12 lb), HJ, 400m |
| 3:05 p.m. | Heptathlon | 15-16G, 17-18W, Open/ Masters | 100H(33"), HJ, SP(4 kg), 200m |
| 3:05 p.m. | Pentathlon | 13-14B | 100H(33"), SP(4 kg), HJ, LJ, 1500m |
| 3:05 p.m. | Pentathlon | 13-14G | 100H(30"), SP(6 lb), HJ, LJ, 800m |
| 7:30 p.m. | 3000m Run | 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M, Open/Masters | |

Friday, June 26, 2026

| | | | |
|------------|------------|------------------------------|--|
| 11:00 a.m. | Decathlon | 15-16B, 17-18M, Open/Masters | 110H(39"), Disc(1.6kg), PV, Jav(800g), 1500m |
| 11:00 a.m. | Heptathlon | 15-16G, 17-18W, Open/Masters | LJ, Jav(600g), 800m |
| 11:00 a.m. | Triathlon | 9-10G | SP(6 lb), HJ, 200m |
| 11:00 a.m. | Triathlon | 9-10B | SP(6 lb), HJ, 400m |
| 11:10 a.m. | Pentathlon | 11-12G | 80H(30"), SP(6 lb), HJ, LJ, 800m |
| 11:10 a.m. | Pentathlon | 11-12B | 80H(30"), SP(6 lb), HJ, LJ, 1500m |

4:00 p.m. 100m Dash Prelims All Age Divisions 8 & Under through 17-18 G & B, Open/Masters

**100 Finals will be held on the same night if there are 8 or less in your age division.*

4:00 p.m. 15-18 G long jump

5:00 p.m. 15-18 B long jump

5:15 p.m. 4x800m Relay 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M

5:30 p.m. 200m Dash Prelims All Age Divisions 8 & Under through 17-18 G & B, Open/Masters

**200 Finals will be held on the same night if there are 8 or less in your age division.*

6:30 p.m. 1500m Race Walk 9-10G, 9-10B, 11-12G, 11-12B, Open/Masters

6:45 p.m. 3000m Race Walk 13-14G/B, 15-16G/B, 17-18W/M, Open/Masters

7:00 p.m. Mixed Gender Relays 15-16G/B; 17-18G/B (4X100; 4X400; 4X800)



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1450 N 200 E Orem, UT 84057

Saturday, June 27, 2026 - Track Events

| | | |
|------------|-----------------|--|
| 8:30 a.m. | 1500m Run | All Age Divisions (8 & under G/B – 17-18 W/M, Open/Masters) |
| 9:30 a.m. | 400m Hurdles | 15-16B(36”), 17-18M(36”), 15-16G(30”), 17-18W(30”), Open/Masters |
| 10:00 a.m. | 200m Hurdles | 13-14G(30”), 13-14B(30”) |
| 10:30 a.m. | 4x100m Relay | Age Divisions (8 & under G/B – 17-18 W/M) |
| 11:00 a.m. | 400m Dash | All Age Divisions (8 & under G/B – 17-18 W/M, Open/Masters) |
| 12:00 p.m. | Lunch Break | |
| 12:30 p.m. | 100m Dash Final | All Age Divisions (8 & under G/B – 17-18 W/M, Open/Masters) |
| 1:00 p.m. | 110m Hurdles | 15-16B(39”), 17-18M(39”), Open/Masters |
| 1:30 p.m. | 100m Hurdles | 15-16G(33”), 17-18W(33”), Open/Masters, 13-14B(33”), 13-14G(30” mod) |
| 2:00 p.m. | 80m Hurdles | 11-12G(30”), 11-12B(30”) |
| 2:30 p.m. | 800m Run | All Age Divisions (8 & under G/B – 17-18 W/M, Open/Masters) |
| 3:00 p.m. | 200m Dash | All Age Divisions (8 & under G/B – 17-18 W/M, Open/Masters) |
| 3:30 p.m. | 4x400m Relay | Age Divisions (8 & under G/B – 17-18 W/M) |

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HURDLE SPECIFICATIONS

| DISTANCE | DIVISION | # HURDLES | HEIGHT | TO FIRST | INTERVAL | TO FINISH |
|----------|----------------|-----------|--------|----------|----------|-----------|
| 80m | 11-12G, 11-12B | 8 | 30” | 12m | 7.5m | 15.5m |
| 100m | 13-14G | 10 | 30” | 13m | 8.5m | 10.5m |
| 100m | 13-14B | 10 | 36” | 13m | 8.5m | 10.5m |
| 100m | 15-16G, 17-18G | 10 | 33” | 13m | 8.5m | 10.5m |
| 110m | 15-16B, 17-18M | 10 | 39” | 13.72m | 9.14m | 14.02m |
| 200m | 13-14B, 13-14G | 5 | 30” | 20m | 35m | 40m |
| 400m | 15-16G, 17-18W | 10 | 30” | 45m | 35m | 40m |
| 400m | 15-16B, 17-18M | 10 | 36” | 45m | 35m | 40m |

Field Events

| | Long Jump | High Jump | Pole Vault | Discus | Shot Put | Javelin |
|-----------------|------------------------|-------------|------------|---------------|--------------|-------------------------------|
| FRIDAY | | | | | | |
| 4:00 PM | 15-18 G | | | | | |
| 5:00 PM | 15-18 B | | | | | |
| SATURDAY | | | | | | |
| 9:00 AM | 11-14 G | Open/Master | | | 8&U G/B 2kg | 15-18 B 800g |
| 9:30 AM | | 13-18 G | All Girls | 11-18 G 1kg | | |
| 10:00 AM | | | | | 9-12 B 6lb | 13-18 G 600g |
| 10:30 AM | 11-14 B | 13-18 B | | 11-14 B 1kg | | |
| 11:00 AM | | | | | 9-14 G 6lb | 13-14B - 600g |
| 11:30 AM | | | | 15-18 B 1.6kg | | |
| 12:00 PM | 8 & Und / 9-10 G | 9-12 G | All Boys | | 13-14 B 4kg | Open/Masters |
| 12:30 PM | | | | Open/Masters | | |
| 1:00 PM | 8 & Und /9-10 B | | | | 15-18 G 4kg | 8 & Und/ 9-10 G/B <i>Mini</i> |
| 1:30 PM | | 9-12B | | | 15-18 B 12lb | |
| 2:00 PM | Open/Master | | | | Open/Masters | 11-12 G/B <i>Aero</i> |
| 2:30 PM | ALL Triple Jump | | | | | |
| 3:00 PM | | | | | | |

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| <u>Mini Javelin</u> | <u>Javelin</u> | <u>Discus</u> | <u>Shot Put</u> | <u>Hammer</u> |
|----------------------|----------------|----------------|---------------------|---------------|
| 8 & under G/B - 300g | 13-18G - 600g | 11-18G - 1kg | 8 & under G/B - 2kg | 15-16G - 4kg |
| | 13-14B - 600g | 11-14B - 1kg | 9-14G 6lb | 15-16B - 12lb |
| Aero Javelin | 15-18B - 800g | 15-16B - 1.6kg | 9-12B - 6lb | 17-18W - 4kg |
| 9-10 G/B - 250g | | 17-18M - 1.6kg | 13-14B - 4kg | 17-18M - 12lb |
| 11-12G/B - 450g | | | 15-18G - 4kg | |
| | | | 15-18B - 12lb | |

USATF Utah Association Map Timpanogos High School

