



2024 USATF Utah Association Junior Olympic Track & Field Championships

Timpanogos High School- June 6-8, 2024
1450 N 200 E Orem, UT 84057

All youth athletes must have a current 2024 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 5, 2024. *Late entries will not be accepted*****

Please verify team and athlete data within Athletic.net for accuracy prior to submitting entries. Accuracy of data entered is the responsibility of each club and/or athlete.

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>

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	2016+*	3 Events
9 - 10	2014-2015	3 Events
11 - 12	2012-2013	3 Events
13 - 14	2010-2011	4 Events
15 - 16	2008-2009	4 Events
17 - 18	2006-2005**	4 Events

* 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 28) are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events. All 18 year old athletes competing at USATF events are required to complete the SafeSport training. This must be done on their [USATF connect profile](#).

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.

Entry & Fees: \$8.00 per event, \$32.00 per relay, \$18.00 for Heptathlon/Decathlon, and \$12.00 for Pentathlon/Triathlon. **Open/Masters athletes must register and pay entry fees online at athletic.net to compete.** There is a separate meet called Open/Masters.

Competition Bibs: All competitors must wear their assigned bib numbers during competition on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$10.

Awards: Awards will be presented shortly after the conclusion of each event. The top 5 athletes and relay teams of each event of each age division will be recognized on the podium. USATF Junior Olympic 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 the 4th and 5th place athletes and 4th and 5th place relay teams in each event of each age division.

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 or participate at the USATF Utah Association State Track & Field Championship meet qualify to advance to the [Region 11 meet June 20-22 in Missoula, Montana](#). Online registration for the Region 11 meet is required. Clubs and athletes can register at athletic.net registration will be the same process as for Association and will open following the USATF Utah Association 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, working officials and volunteers with a badge 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 fill out a card (at the pole vault area) stating that the competitor's weight shall be at or below the manufacturer's pole rating. 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.** Please see and note parking areas on the attached facility map.

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

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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 less than 8 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.

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.

Pole Vault competition is scheduled for Saturday June 1st at 10:00AM at the Utah Pole Vault Academy 12472 W Meadow Spring Ln Riverton, UT 84065 due to lack of equipment at the Region site. Register as normal for the event, but note the day and location change.

PV for Decathlon will take place as scheduled but will be contested at American Fork High School: 510 Caveman Boulevard American Fork, UT 84003. This will take place at the scheduled time for the Decathlon. Please ensure you have transportation to and from this venue when you register to compete for the event.

Thursday June 6

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
3:10 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 7

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

4:30 p.m. 100m Dash **Prelims** All Age Divisions 8 & Under through 17-18 G & B, Open/Masters

**100 FINALS will be held on FRIDAY night if there are 8 or less in your age division.*

4:45 p.m. 4x800m Relay 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M

6:00 p.m. 200m Dash **Prelims** All Age Divisions 8 & Under through 17-18 G & B, Open/Masters

**200 FINALS will be held on FRIDAY night if there are 8 or less in your age division.*

7:00 p.m. 1500m Race Walk 9-10G, 9-10B, 11-12G, 11-12B, Open/Masters

7:15 p.m. 3000m Race Walk 13-14G/B, 15-16G/B, 17-18W/M, Open/Masters

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Saturday June 8 - 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	8.0m	15.0m
100m	13-14B,15-16G, 17-18G	10	33”	13m	8.5m	10.5m
110m	15-16B, 17-19M	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

Saturday June 8 Field Events

	Long Jump	High Jump	Pole Vault	Discus	Shot Put	Javelin
9:00 AM	8 & Und / 9-10 G	Open/ Master	JUNE 1ST	11-18 G <i>1kg</i>	<i>8 & U G/B 2kg</i>	15-18 B <i>800g</i>
9:30 AM		13-18 G	10:00 AM			
10:00 AM	8 & Und /9-10 B			11-14 B <i>1kg</i>	9-12 B <i>6lb</i>	13-18 G <i>600g</i>
10:30 AM		13-18 B	UTAH			
11:00 AM	11-14 G		POLE	15-18 B <i>1.6kg</i>	9-14 G <i>6lb</i>	13-14B - <i>600g</i>
11:30 AM			VAULT	Open/Masters		
12:00 PM	11-14 B	9-12 G	ACADEM Y		13-14 B <i>4kg</i>	Open/Masters
12:30 PM						
1:00 PM	15-18 G		1242 W Meadow Springs Lane Riverton, UT		15-18 G <i>4kg</i>	8 & Und/ 9-10 <i>G/B Mini</i>
1:30 PM	15-18 B	9-12B			15-18 B <i>12lb</i>	
2:00 PM	<i>Open/Masters</i>				<i>Open/Masters</i>	11-12 G/B <i>Aero</i>
2:30 PM	ALL Triple Jump					

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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 -	13-18G - 600g	11-18G - 1kg	8 & under G/B -	15-16G - 4kg
9-10G/B - 300g	13-14B - 600g	11-14B - 1kg	9-14G 6lb	15-16B - 12lb
	15-18B - 800g	15-16B - 1.6kg	9-12B - 6lb	17-18W - 4kg
Aero Javelin		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

