



# 2024 USATF Region 8 Junior Olympic Track & Field Championships

Thursday - Sunday July 4-7, 2024  
NDSU- Terrance Dahl and  
Donna Beres Track Complex  
in Fargo, ND

## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

8 & under (born 2016+)
9 - 10 (born 2014-2015)
11 - 12 (born 2012-2013)
13 - 14 (born 2010-2011)
15 - 16 (born 2008-2009)
17 - 18 (born 2006-2007)
* athletes born in 2007 are also eligible if they do not turn 19 on or before 7/28/2024



**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 2024 members of USATF in good standing.

**Relay Teams:** Only registered 2024 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](http://www.usatf.org/membership).

**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.

**Concessions will be available throughout the event.**

**Severe weather:** Should severe weather occur, everyone will clear the facility and go to their vehicles (or building should tornado be present).

**GATE ADMISSION FEES:** \$10/person/day or \$25 for a 4-day pass. Under 13 is free. **Coaches must show their current 2024 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:** Parking is south of the track complex (HR Lot). Parking is free! See map attached.

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

### **Track**

This is an The eight-lane, 400-meter track surface features the Hellas EpiQ G4000 Full Pour system. (new 2023). All races will utilize Finish Lynx Automatic timing system as primary and back up.

**Spikes must be pyramid shaped with a maximum exposed length of ¼ inch.** This applies to the long jump, triple jump, high jump and pole vault as well as all running events. Meet officials will enforce this rule. The penalty for this infraction is disqualification.

### **Long/Triple Jump**

The long jump/triple jump will be contested on the east side/backstretch of the track.

### **High Jump**

The high jump will be contested on the infield in the south apron. There will be two pits set up.

### **Pole Vault**

The pole vault will be contested on the east side of the track as well. Vaulting direction will be determined 1 hour prior to my meet administration.

### **Shot Put**

The shot put will be contested on the southwest corner track facility. The competition circle is cement. There will be a practice ring available.

### **Discus**

Will be contested on the discus circle located on the south side of the facility. Four rings are available to throw in. A decision will be made an hour before for optional conditions.

### **Hammer**

The hammer will be contested at the far northwest corner of the complex (approx. ¼ of a mile).

### **Javelin**

The javelin will be contested north side of the facility in the throwing area. Two runways are available. A decision will be made an hour before for optional conditions.

### **Weighing of Implements**

All implements will be weighed and measured in the garage that is located on the northeast corner of the track complex.

### **Pole Vault – Weigh in and Pole Storage**

Weigh in for vaulters will be available in the garage on the northeast corner of the track complex at any time prior to the start of their event. Pole storage will be available.

**ENTRY PROCESS:** Invitations will be sent via [athletic.net](http://athletic.net) to all qualifying athletes following their Association championships (Primary Qualifiers).

**Registration Costs:**

Individual Entries: \$13 per event Relay Entries: \$52  
per relay team Decathlon/Heptathlon: \$26 per  
decathlete/heptathlete Triathlon/Pentathlon: \$21 per  
triathlete/pentathlete

Club Administrators and Unattached Athletes should register online at

<https://www.athletic.net/TrackAndField/meet/556492/info>

**Registration Begins: June 19th**

**Registration Deadline: July 2<sup>nd</sup> @ 11pm**

**Late Entries**

Late entries must go through and be approved by your respective association chair. If approved the fee structure will be as follows:

Within 24 hours past the original deadline Wednesday \$25 per athlete

24-48 hours past the original deadline Thursday \$50 per athlete

Any time after that Thursday \$100 per athlete

Late fees will be due at gate when picking up athletes bib.

**On site registration will NOT be offered. 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. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>

**Athlete Competition/Bib Numbers**

Athletes entered in the meet will receive a bib number at packet pick-up along with a wristband. Bib numbers are required for competition and must be worn on the front of the uniform unless instructed otherwise. There is a \$5 replacement fee for lost bib or wristband. Requests for replacements should be made at the Registration tent located outside the main gate. A wristband is required at admission gate for free admission.

**Coaches:** Coaches may pick up an entire team packet of bibs provided the coach is listed in good standing as a coach with USATF for 2024. You can find that list here: <https://www.usatf.org/programs/coaches/coaches-registry>.

**EVENT RESULTS:** Results will only be posted online at [www.herostiming.com](http://www.herostiming.com) and on the scoreboard. No printed results will be available.

**AWARDS:** USATF medals will be awarded to the top **Eight** individuals and the top Eight relay teams in each event of each age division.

**CLOSED FIELD AND WARM-UP AREA:** **The warm-up area will be located just north of the track complex on the softball field with turf. The field behind the main grandstand will also be available for warm-ups.** 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.

**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. The clock will start on the live results once the results become official, once that clock expires there will be no further protests for that event. To initiate a protest please go to the press box.

**TRACK EVENT CHECK-IN:** Track athletes will check in to the clerking tent located on the northwest corner of the track. Only athletes will be allowed in the clerking area. See attached map for clerking area.

**FIELD EVENT CHECK-IN:** Field athletes should check in 30 minutes prior to the scheduled start of the field event at the field event venue. Please report to your designed site.

**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 (9<sup>th</sup> best going first, 1<sup>st</sup> 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 at the garage by the throwing venue. 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 the competition. See implement table for specifications for each age group event.

<b>Implements</b>					
<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
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	Javelin (G/B) 450g	Javelin (G) 600g	Javelin (G) 600g	Javelin (W) 600g
Mini Jav (B) 300g	Mini Jav (B) 300g	Discus (G) 1 kg	Javelin (B) 600g	Javelin (B) 800g	Javelin (M) 800g
		Discus (B) 1 kg	Discus (G) 1 kg	Discus (G) 1 kg	Discus (W) 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.

## **Field Event Information**

Throwing implements that comply with required specifications and belong to individuals may be accepted for use in competition. Implements accepted shall lose their identity as privately owned for the duration of the competition. Privately owned javelins are exempt from this loss of identity rule. The top (8) best marks will advance to the finals. In the pole vault we will follow Rule 302.5(n). We will have a field referee inspecting poles prior to warm-up to make sure that the poles are legal equipment. Each competitor will also be required to weigh in, to ensure that the athlete's weight shall be at or below the manufacturer's pole rating.

High jump progression will be 5cm, pole vault 15cm (both open and combined events) as stated in Rule 302.5(o) and 302.6(d).

### **High Jump Starting Heights:**

9-10 Girls: 0.90m  
9-10 Boys: 0.90m  
11-12 Girls: 0.97m  
11-12 Boys: 1.00m  
13-14 Girls: 1.10m  
13-14 Boys: 1.23m  
15-16 Girls: 1.15m  
15-16 Boys: 1.30m  
17-18 Girls: 1.25m  
17-18 Boys: 1.49m

### **Pole Vault Starting Heights:**

13-14 Girls: 1.45m  
13-14 Boys: 1.80m  
15-16 Girls: 1.55m  
15-16 Boys: 2.85m  
17-18 Girls: 1.98m  
17-18 Boys: 3.20m

### **Combined Event Standards:**

9-10 Boys Tri: 532  
11-12 Boys Pent: 1937  
13-14 Boys Pent: 2333  
15-16 Boys Dec: 4549  
17-18 Boys Dec: 5622  
9-10 Girls Tri: 853  
11-12 Girls Pent: 2193  
13-14 Girls Pent: 2681  
15-16 Girls Hept: 3674  
17-18 Girls Hept: 4240

**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
<b>11-12</b>				
80 m Hurdles (G & B) 30"	8	12 m	7.5 m	15.5 m
<b>13-14</b>				
100 m Hurdles (G) 30"	10	13 m	8.5 m	10.5 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
<b>15-16</b>				
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
<b>17-18</b>				
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

**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.

**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 8). Field Events: qualification will be on performance in the preliminary flight(s) – 9 to finals in the field events.

### Relay Information

Reminder – members of relay teams must wear a top of the same color as well as shorts of the same color or matching body suits. Relay teams should provide their own batons. A limited number of batons will be available if needed.

Relay zone exchanges have been changed.

#### Rule 170.3

In the 4x100m, the 4x200m, the first and second exchanges in the 'Swedish' Medley and the outdoor Sprint Medley relays, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third exchange in the 'Swedish' Medley Relay and in the 4x400m and longer relays each exchange zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each exchange conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their exchange zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.5 is observed.

**Translation:** The exchange zone is now 30 meters long with no acceleration zone. Athletes can line up anywhere within the 30 meter zone. Exchange must be made before the end of the exchange zone. (eliminates exchanging before entering the zone) Since NCAA and NFHS has not adopted this rule yet, tracks will still be marked the old way, so the exchange zone will be the acceleration (olympic) zone plus the traditional exchange zone.

**Starting Blocks (Rule 302.2(e))**

Athletes in the 15-16 and 17-18 age groups shall, in accordance with Rules 161, be required to use starting blocks for all events up to and including the 400 Meter Dash and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the 8 & U, 9-10, 11-12, and 13-14 age groups general rules regarding the use of starting blocks and stance are waived (the use of starting blocks and stance is within the discretion of the competitor). The setting of a competitor's starting blocks other than by the competitor or an individual designated by the starter is prohibited.

All athletes will be required to use blocks supplied by the organizing committee.

**False Start Rule (302.2(d))**

False starts are called on individuals, not on the field. For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, for a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s), and when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s). For a second false start, the respective competitor(s) shall be disqualified.

The National Junior Olympic Championships will be held on July 22-28, 2024 at Texas A & M University. The top 5 athletes at the Region 8 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<https://newengland.usatf.org/events/2024/2024-usatf-junior-olympic-track-field-championship>

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

**REGION 8 CONTACT:**

**Name:** Josh Gerber

**E-mail:** [josh@wayzataresults.com](mailto:josh@wayzataresults.com)

## MEET SCHEDULE:

### Meet Schedule:

Please note that these events will be taking place at the Terrance Dahl and Donna Beres Track Complex, which is located on the campus of North Dakota State University.

#### Thursday, July 4

Gates open to athletes and spectators at 11:30am

#### **12:30pm Decathlon Day 1 (15-16B; 17-18M)**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

100 (15-16B)	100 (17-18M)
Long Jump (15-16B)	Long Jump (17-18M)
Shot Put (15-16B)	Shot Put (17-18M)
High Jump (15-16B)	High Jump (17-18M)
400 (15-16B)	400 (17-18M)

#### **1:00pm Pentathlon (11-12G; 11-12B)**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

80 Hurdles (11-12G)	80 Hurdles (11-12B)
High Jump (11-12G)	High Jump (11-12B)
Shot Put (11-12G)	Shot Put (11-12B)
Long Jump (11-12G)	Long Jump (11-12B)
800 (11-12G)	800 (11-12B)

#### **1:30pm Heptathlon Day 1 (15-16G; 17-18W)**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

100 Hurdles (15-16G)	100 Hurdles (17-18W)
High Jump (15-16G)	High Jump (17-18W)
Shot Put (15-16G)	Shot Put (17-18W)
200 (15-16G)	200 (17-18W)

5:00pm group	2k Steeplechase (13-14G)*All Girls/Women Combined unless more than 8 are entered in an age group
5:00pm group	2k Steeplechase (15-16G) *All Girls/Women Combined unless more than 8 are entered in an age group
5:00pm group	2k Steeplechase (17-18G) *All Girls/Women Combined unless more than 8 are entered in an age group
5:30pm	2k Steeplechase (13-14B)*Will be combined with Girls/Women unless more than 8 are entered
5:45pm	2k Steeplechase (15-16B)*15-16/17-18B Combined unless more than 8 are entered in an age group
5:45pm	2k Steeplechase (17-18B)*15-16/17-18B Combined unless more than 8 are entered in an age group

1:00pm	Hammer Throw (15-16B)
2:00pm	Hammer Throw (17-18M)
3:00pm	Hammer Throw (15-16G)
4:00pm	Hammer Throw (17-18)



**Friday, July 5**

Gates open the spectators and athletes at 9:00 am  
Combined/Running Events

**10:00 am Pentathlon 13-14G; 13-14B**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

100 Hurdles (13-14G)	100 Hurdles (13-14
B) High Jump (13-14G)	High Jump (13-
14B) Shot Put (13-14G)	Shot Put (13-
14B) Long Jump (13-14G)	Long Jump
(13-14B)	
800 (13-14G)	800(13-14B)

**10:00 am Heptathlon Day 2 15-16G: 17-18W**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

Long Jump (15-16G)	Long Jump (17-
18W) Javelin (15-16G)	Javelin (17-
18W)	
800 (15-16G)	800 (17-18W)

**10:45 am Decathlon Day 2 15-16B: 17-18M**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

110 Hurdles (15-16B)	110 Hurdles (17-
18M) Discus (15-16B)	Discus (17-
18M)	
Pole Vault (15-16B)	Pole Vault (17-
18M) Javelin (15-16B)	Javelin (17-
18M)	
1500(15-16B)	1500 (17-18M)

**1:30 pm Triathlon 9-10G; 9-10B**

**Upon completion of an event, the official will declare the start of the next event, scheduled to begin 30 minutes prior.**

Shot Put (9-10G)	Shot Put (9-10B)
High Jump (9-10G)	High Jump (9-
10B)	
200 (9-10G)	400 (9-10B)

2:00 pm 1500 m. Race Walk 9-10G/B; 11-12G/B

2:30 pm 3000 m. Race Walk 13-14G/B; 15-16G/B; 17-18W/M

**Field Events**

Long Jump (2 pits)

2:00 pm 8 & under G/B

4:00 pm 9-10 G/B

Girls West Pit

Girls West Pit

Boys East Pit

Boys East Pit

**Saturday, July 6**

Gates open to spectators and athletes at 7:00 am

**Field Event Schedule**

**Long Jump** (2 pits)

Girls East Pit

Boys West Pit

8:00 am 15-16 B/G

10:00 am 13-14 B/G

12:30 pm 11-12 B/G

2:30 pm 17-18 M/W

**Shot Put** (2 Rings)

8:00 am 8 & under B/G

9:15 am 9-10 B/G

10:30 am 11-12 B/G

12:30 pm 13-14 B/G

2:00 pm 15-16 B/G

3:30 pm 17-18 M/W

**High Jump** (2 pits)

8:00 am 17-18 M/W

10:00 am 15-16 B/G

12:15 pm 9-10 B/G

2:00 pm 13-14 B/G

3:15 pm 11-12 B/G

**Pole Vault** (1 pit)

9:00 am 13-14 Boys followed by 17-18 Men, then 15-16 Boys

There will be appropriate warmup time between age groups (worker break (30 min.) between 17-18 Men

**Discus Throw** (1 ring)

8:00 am 17-18 Women

9:30 am 17-18 Men

11:00 am 15-16 Girls

1:00 pm 15-16 Boys

2:35 pm 13-14 Girls

4:00 pm 13-14 Boys

**Turbo Javelin Throw**

8:00 am 9-10 Girls

9:15 am 11-12 Boys

10:30 am 8 & under Boys

12:15 pm 9-10 Boys

1:30 pm 8 & under Girls

2:45 pm 11-12 Girls

### **Saturday Track Schedule**

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9:00 am 100 m. Dash Prelims  
10:20 am 4 x 800 m. Relay Finals  
10:50 am 80/100/110 Hurdles prelims  
11:35 am 4 x 100 m. Relay Finals

12:35 pm – 1:05 pm BREAK

1:05 pm 400 m. Dash Finals  
2:20 pm 1500 m. Run Finals  
3:40 pm 200 m. Dash Prelims

### **Sunday, July 7**

Gates open at 7:30 am

Triple Jump (2 pits)

8:30 am 17-18 Men & Women

9:40 am 13-14 & 15-16 Boys

10:50 am 13-14 & 15-16 Girls

Discus (1 ring)

9:15 am 11-12 Girls

10:45 am 11-12 Boys

Javelin (1 runway)

8:00 am 13-14 Girls

9:00 am 13-14 Boys

10:00 am 15-16 Girls

11:00 am 17-18 Women

12:00 pm 15-16 Boys

1:00 pm 17-18 Men

Pole Vault (1 pit)

9:00 am 13-14 Girls followed by 15-16 Girls, then 17-18 Women

There will be appropriate warmup time between age groups

### **Sunday Track Schedule**

9:00 am 3000 m. run Finals  
10:40 am 80/100/110 Hurdles Finals  
11:05 am 100 m. Dash Finals  
11:40 am 800 m. Run Finals  
12:55 pm 200/400 Hurdles Finals  
1:35 pm 200 m. Dash Finals  
2:05 pm 4 x 400 m. Relay Finals

# NDSU Track Complex Facilities Map



