



2016 Region 10 Junior Olympic Track and Field Championships

July 7-10, 2016

Milne Stadium
1200 Hazeldine Ave SE
Albuquerque, New Mexico 87106

www.newmexico.usatf.org

Sanction: USATF 2016 Competition Rules Apply.
Eligibility: Athletes 18 years or younger on the last day of the meet* who qualify through Region 10 USATF Association championships. 2016 USATF membership required. USATF membership applications are available online at www.usatf.org/membership. Age verification requirements apply.

Please Note: Age groups are based on year of birth, not age on the day of event. See list below:

Age Group/	8 & Under	2008+*	3 events
Limitations:	9-10	2006-2007	3 events
(does not	11-12	2004-2005	3 events
include Multi)	13-14	2002-2003	4 events
	15-16	2000-2001	4 events
	17-18	1998-1999	4 events

**(Athletes must be at least 7 years of age on December 31 of the current year to compete in the National Junior Olympic Championships, however, all 8 & Under are allowed to compete at Association & Region level.)*

Meet Director: Arlena Dickerson arlena2004@msn.com
Entries: **Register online at** www.athletic.net beginning Monday, June 20, 2016
Entry Fee: \$7 per event, \$28 per relay, \$15 per Pentathlon/Triathlon, \$20 per Decathlon/Heptathlon
Payment must be made by money order, check, or cash at packet pick-up prior to competition.
Entry Deadline: July 1, 2016, 9:00pm MDT

NO LATE OR RACE DAY ENTRIES

Awards: Medals 1st through 5th

Regional Qualifying: 1st through 5th place may advance to the JO Championships to be held July 25 – July 31 in Sacramento, CA. *No alternates.*
Please see www.usatf.org for more JO Championships information.

Packet Pick-up and Coaches Meeting Friday, July 8, at 7:00pm; Courtyard Albuquerque Airport. Packet pick-up also available at Milne Stadium each competition day and at event site for Steeplechase and Hammer Throw competitors.

PROTESTS

Protests must be made in writing in accordance with Rule 146 and must be accompanied by a \$100 cash deposit which will be forfeited unless the protest is upheld. After certification of each race, awards will be given. Each day's event results will be posted at www.newmexico.usatf.org by 11:59pm of that day with full results posted at the same location by 11:59pm, July 10, 2016.

THURSDAY, 7 JULY 2016

COMBINED EVENTS SCHEDULE - THURSDAY

IMPLEMENT WEIGH-IN STARTS AT 7:15 AM ON THURSDAY.

DECATHLON (15-16, 17-18) <ul style="list-style-type: none">• 100m• Long Jump• Shot Put• High Jump• 400m	8:00 AM
HEPTATHLON (15-16, 17-18) <ul style="list-style-type: none">• 100m Hurdles• High Jump• Shot Put• 200m	8:20 AM
PENTATHLON (13-14 Boys) <ul style="list-style-type: none">• 100m Hurdles• Shot Put• High Jump• Long Jump• 1500m	8:40 AM
PENTATHLON (13-14 Girls) <ul style="list-style-type: none">• 100m Hurdles• Shot Put• High Jump• Long Jump• 800m	9:00 AM

FRIDAY, 8 JULY 2016

COMBINED EVENTS SCHEDULE - FRIDAY

IMPLEMENT WEIGH-IN STARTS AT 7:15 AM ON FRIDAY.

DECATHLON (15-16, 17-18) • 110m Hurdles, Discus, Pole Vault, Javelin, 1500m	8:30 AM
TRIATHLON (9-10 Girls) • Shot Put, High Jump, 200m	8:45 AM
PENTATHLON (11-12 Boys) • 80m Hurdles, Shot Put, High Jump, Long Jump, 1500m	9:00 AM
HEPTATHLON (15-16, 17-18) • Long Jump, Javelin, 800m	9:15 AM
PENTATHLON (11-12 Girls) • 80m Hurdles, Shot Put, High Jump, Long Jump, 800m	9:30 AM
TRIATHLON (9-10 Boys) • Shot Put, High Jump, 400m	9:45 AM

TRACK EVENTS SCHEDULE - FRIDAY

2000m Steeplechase • Girls then Boys	FINAL	7:30 AM (Note: Venue will be UNM Track Stadium)
3000M Race Walk • Girls then Boys	FINAL	10:15 AM (Milne Stadium)
1500M Race Walk • Girls then Boys	FINAL	11:15 AM

FIELD EVENTS SCHEDULE - FRIDAY

(ALL FIELD EVENTS ON A ROLLING SCHEDULE BEGINNING AS NOTED)

Hammer Throw • Girls then Boys	9:00 AM
Mini Javelin (Infield) • Girls (8 & Under) • Boys (8 & Under) • Girls (9-10) • Boys (9-10)	2:30 PM
Javelin (1 Pit) • Girls (15-16) • Young Women (17-18) • Boys (15-16) • Young Men (17-18)	2:30 PM
High Jump (1 Pit) • Girls (9-10) • Boys (9-10)	2:30 PM
Long Jump (Girls Pit) • Girls (8 & Under) • Girls (9-10)	2:30 PM
Long Jump (Boys Pit) • Boys (9-10) • Boys (8 & Under)	2:30 PM
Shot Put (Girls Pit) • Girls (9-10) • Girls (8 & Under)	2:30 PM
Shot Put (Boys Pit) • Boys (8 & Under) • Boys (9-10)	2:30 PM

SATURDAY, 9 JULY 2016
 7:45 AM FIRST CALL, 8:00 AM START
 ALL EVENTS ON A ROLLING SCHEDULE

TRACK EVENTS SCHEDULE - SATURDAY

EVENTS RUN YOUNGEST TO OLDEST, GIRLS TO BOYS, EXCEPT IN SOME DISTANCE AND HURDLE EVENTS.

400m/200m HURDLES	PRELIM/FINAL
3000m RUN	FINAL
110m/100m/80m HURDLES	PRELIM/FINAL
4x100m RELAY	PRELIM/FINAL
400m DASH	PRELIM/FINAL
100m DASH	PRELIM/FINAL
800m RUN	FINAL
200m DASH	PRELIM/FINAL
4x400m RELAY	PRELIM/FINAL

RUNNING EVENTS WILL NOT BE ROLLED OVER; IF WE HAVE 8 ATHLETES AND 8 LANES AVAILABLE, THE FINALS WILL BE HELD IN THE PRELIMS TIME SLOT. ATHLETES MUST BE READY TO RUN WHEN REPORTING FOR PRELIMS.

FIELD EVENTS SCHEDULE - SATURDAY

IMPLEMENT WEIGH-IN STARTS AT 7:15 AM ON SATURDAY.

Pole Vault (1 Pit) <ul style="list-style-type: none"> • Girls (13-14, 15-16, 17-18) • Boys (15-16, 17-18) • Boys (13-14) 	8:00 AM
Discus (1 Cage) <ul style="list-style-type: none"> • Young Women (17-18) • Young Men (17-18) • Girls (15-16) • Boys (15-16) • Girls (13-14) • Boys (13-14) 	8:00 AM
High Jump (1 Pit) <ul style="list-style-type: none"> • Young Women (17-18) • Young Men (17-18) • Girls (13-14) • Boys (13-14) • Girls (15-16) • Boys (15-16) 	8:00 AM
Long Jump (Girls Pit) <ul style="list-style-type: none"> • Girls (11-12) • Girls (13-14) • Girls (15-16) • Young Women (17-18) 	8:00 AM
Long Jump (Boys Pit) <ul style="list-style-type: none"> • Boys (11-12) • Boys (13-14) • Boys (15-16) • Young Men (17-18) 	8:00 AM
Shot Put (Girls Ring) <ul style="list-style-type: none"> • Girls (13-14) • Girls (15-16) • Girls (11-12) • Young Women (17-18) 	8:00 AM
Shot Put (Boys Ring) <ul style="list-style-type: none"> • Boys (13-14) • Boys (15-16) • Boys (11-12) • Young Men (17-18) 	8:00 AM
Mini Javelin (Infield) <ul style="list-style-type: none"> • Girls (11-12) • Boys (11-12) 	8:00 AM

SUNDAY, 10 JULY 2016

7:45 AM FIRST CALL, 8:00 AM START

TRACK EVENTS SCHEDULE - SUNDAY

(ALL TRACK EVENTS ON A ROLLING SCHEDULE)

EVENTS RUN YOUNGEST TO OLDEST, GIRLS TO BOYS, EXCEPT IN SOME DISTANCE AND HURDLE EVENTS.

ATHLETES PARADE	7:30 AM
400m/200m HURDLES	FINAL
1500m RUN	FINAL
110m/100m/80m HURDLES	FINAL
4x100m RELAY	FINAL
400m DASH	FINAL
100m DASH	FINAL
4x800m RELAY	FINAL
200m DASH	FINAL
4x400m RELAY	FINAL

FIELD EVENTS SCHEDULE - SUNDAY

(ALL FIELD EVENTS ON A ROLLING SCHEDULE BEGINNING AS NOTED)

Triple Jump (Girls Pit) <ul style="list-style-type: none">• Girls (13-14)• Girls (15-16)• Young Women (17-18)	8:00 AM
Triple Jump (Boys Pit) <ul style="list-style-type: none">• Boys (13-14)• Boys (15-16)• Young Men (17-18)	8:00 AM
High Jump (1 Pit) <ul style="list-style-type: none">• Girls (11-12)• Boys (11-12)	8:00 AM
Discus (1 Cage) <ul style="list-style-type: none">• Girls (11-12)• Boys (11-12)	8:00 AM
Javelin (1 Pit) <ul style="list-style-type: none">• Girls (13-14)• Boys (13-14)	Following completion of Discus

FACILITY RULES, POLICIES AND GUIDELINES

Smoking/use of tobacco is prohibited on all APS property including parking lots and restrooms.

Alcohol is prohibited on all APS property including parking lots and restrooms.

Pets are not allowed on APS property. Service dogs/animals are allowed with proof of service.

Skateboards, roller skates, or bicycles are not allowed in APS district facilities.

Sunflower seeds and other shell nuts are not allowed to be consumed on the artificial turf areas.

Outside food and beverage may not be brought into the stadium other than snacks and beverages for athletes and officials.

Bags and/or backpacks may be searched at any time at the discretion of APS Police or APS Event Staff.

Hotels

A list of hotels will be posted by June 10, 2016.