



2018 USATF INLAND NORTHWEST ASSOC. T&F CHAMPIONSHIPS



Saturday June 2 at Southridge High School – 8:00 am to 4:00 pm

HOST: Inland Northwest Track & Field Association

AWARDS: Medals to the Top 3 Finishers

ENTRY FEE: \$6.00 Per Event

RELAY TEAM FEE: \$20.00 per relay

ENTRY DEADLINE: Thursday, May 31 at 12:00 pm

IMPORTANT: **Meet Registration Day of Meet is not allowed.**

TO ENTER: **Enter online**
<https://www.athletic.net/TrackAndField/meet/345450/register>

Age Division	Year of Birth
8 & Under	2010+*
9 - 10	2008-2009
11 - 12	2006-2007
13 - 14	2004-2005
15 - 16	2002-2003
17 - 18	2000-2001**

CONTACT: Heather Cotton- Meet Director (youth@inlandnw.usatf.org)
509-627-8206

Meet Rules:

1. All athletes must have a 2018 USATF membership card to compete. Memberships are \$20.00 for youth and \$30 for adults 19 Years old & older. Proof of birthdate is required for new members 18 & younger and can be verified onsite or by email to Alyssa Harmon (alyssa0551@gmail.com)
2. Athletes compete in their own age group
3. Competitors get 3 attempts with the exception of high jump
4. Athletes in the 11/12 year age group and younger may enter in up to 3 Events, including relays. All other age groups may enter 4 events
5. No spikes longer than ¼" allowed on track
6. If there are no competitors in an event, we will move on to the next event. **We can be running up to an hour early in an event, so be early!!!!!!**



Event	U-8	9/10	11/12	13/14	15/16	17/18	19+
Racewalk 9AM	1500	1500	1500				MW1500
Racewalk 9AM				3000	3000	3000	MMW3K
Racewalk 9AM							5K
5000M 9:30AM							XXX
3000M 9:30AM			XXX	XXX	XXX	XXX	XXX
Hurdles 10:00AM				200M	400M	400M	400M
4x1 Relay	XXX	XXX	XXX	XXX	XXX	XXX	XXX
400M	XXX	XXX	XXX	XXX	XXX	XXX	XXX
100m	XXX	XXX	XXX	XXX	XXX	XXX	XXX
800m	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Hurdles			80M	100M	G-100M B-110H	G-100M B-110H	
4X4 RELAY	XXX	XXX	XXX	XXX	XXX	XXX	XXX
200M	XXX	XXX	XXX	XXX	XXX	XXX	XXX
1500M	XXX	XXXX	XXX	XXX	XXX	XXX	XXX
4X8 RELAY			XXX	XXX	XXX	XXX	XXX

*****Steeple Chase, Multi Events and Hammer will not be contested at this meet******

Saturday, June 2- Events will be held in listed order. Events will start as soon as areas become available.

LONG JUMP (PIT #2) – 9:00 am

(East Pit)

10 & under girls
11-12 Girls
13-14 Girls
15-18 Girls, Open & Master
Women

*****Triple Jump- 13 & Older Women**

******TJ starts at the end of long Jump*******

Whichever pit becomes available

SHOT PUT (Ring #1) – 9:30 am

(North Ring)

13-14 Girls 6#
9-12 Girls 6#
8 & Under Girls 2kg
15-18 Girls, Open/Master 12#
Women

HIGH JUMP – 10:30 am

15 & Older Girls, Open Women
13-14 Girls, Master Women
15 & Older Boys, Open Men
13-14 girls, Master Men
11-12 Girls & Boys
9-10 Girls & Boys

LONG JUMP (PIT #1) – 9:00 am

(West Pit)

10 & Under Boys
11-12 Boys
13-14 Boys
15-18 Boys, Open & Master
Men

*****Triple Jump- 13 & Older Men**

*****TJ starts at the end of Long Jump*****

Whichever pit becomes available

SHOT PUT (Ring #2) – 9:30 am

(South Ring)

13-14 Boys 4kg
9-12 Boys 6#
8 & Under Boys 2kg
15-18 Boys, Open & Master 12#
Men

JAVELIN – 11:00 am

15 & Older boys, Open men 800g
15 & Older girls, open women 600g
Masters M&W (400, 500, 600, 700, 800g)
13-14 Girls & Boys 600g
12 & under girls 300g
12 & under boys 300g

DISCUS – 9:00 am

11-14 Girls 1kg
11-14 Boys 1kg
15 & older girls, open women 1.6kg
15 & older boys, open men 1.6kg
Masters Men & Women

POLE VAULT – 9:30 am

13-14 Boys
13-14 Girls
15-18 Girls
15-18 Boys
19 & Older Men
19 & Older Women

Weight Throw- 8:00 am

15-18 boys/Open & Master Men 12#
15-18 Girls/Open & Master Women 12#