



2018 INLAND NORTHWEST JUNIOR OLYMPIC



TRACK & FIELD CHAMPIONSHIPS

Saturday June 23 – Southridge High School – 8:00 am to 5:00 pm

HOST: Tri City Thunder

AWARDS: Medals to top 3, Ribbons to 4-6 finishers

ENTRY FEE: \$8.00 per event

RELAY TEAM FEE: \$24.00 per relay

ENTRY DEADLINE: Thursday June 21 at 11:59 pm

IMPORTANT: **No Day of Meet Registration
NO CHANGES to events or
declaration of team**

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**

TO ENTER: **Entries are online only**

QUALIFYING: Top 8 finishers in each event advance to the Region 13 Junior Olympic Championships @ Summit High School Bend, Oregon July 5-8

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

Gate Entry Fee: \$2.00 without USATF membership card

COMBINED EVENT, STEEPLECHASE & HAMMER ATHLETES

1. The combined events, Steeplechase & Hammer will not be contested at the Junior Olympic Association Championships
2. All entries will be advanced automatically
3. Combined Event, Steeplechase & Hammer athletes must register for these events at the Association Championships in order to advance to the Region 13 Championships.
4. Entry fee is \$1.00



Inland NW Association Junior Olympic Track & Field Championships

**Age Groups may be combined whenever possible
Schedule can run up to 1 hour ahead**

Saturday June 23 – Events will be held in the listed order as soon as areas become available

9:00am	100m	all age divisions	(girls followed by boys, youngest to oldest)
10:00am	4 x 800m Relay	All Age Divisions	(girls followed by boys)
10:30am	Hurdles	11-12 Boys and Girls	80m
10:45am	Hurdles	13-14 girls	100m
11:05am	Hurdles	13-14 boys	100m
11:20am	Hurdles	15-16 girls/17-18 girls	100m
11:45am	Hurdles	15-16 boys/17-18 boys	110m
12:00pm	Hurdles	13-14boys/girls	200m
12:20pm	Rackwalk	all age divisions	
12:40pm	1500m	all age divisions	(girls followed by boys, youngest to oldest)
1:45pm	4x100 Relay	all age divisions	(girls followed by boys, youngest to oldest)
2:30pm	400m	all age groups	(girls followed by boys, youngest to oldest)
3:15pm	400 Hurdles	all age groups	(boys followed by girls, youngest to oldest)
3:45pm	800m	all age groups	(girls followed by boys, youngest to oldest)
4:30pm	200m	all age groups	(girls followed by boys, youngest to oldest)
5:30pm	3000m	all age groups	(girls followed by boys, youngest to oldest)
6:15pm	4x400	all age groups	(girls followed by boys, youngest to oldest)

LONG JUMP (PIT #2) – 9:30 am

8 u Girls
9-10 Boys
9-10 Girls
17-18 boys

SHOT PUT (Ring #1) – 9:30 am

8 & Under Girls 2kg
9-10 Girls 6#
8 & Under Boys 2kg
9-10 Boys 6#
11-12 Girls 6#
11-12 Boys 6#

HIGH JUMP – 9:00 am

11-12 Girls
11-12 Boys
9-10 Boys
9-10 Girls
13-14 Girls
13-14 Boys
15-16/17-18 Girls
15-16/17-18 Boys

LONG JUMP (PIT #1) – 9:30 am

8U boys
13-14 Boys
13-14 girls
11-12 boys
11-12 girls
15-16 Boys
15-16 girls
17/18 girls

SHOT PUT (Ring #2) – 9:00 am

13-14 Girls 4kg
13-14 Boys 12#
15-16/17-18 Girls 4kg
15-16/17/18 Boys 12#

JAVELIN – 9:00 am

8 & Under Boys 300g
8 & Under Girls 300g
11-12 Boys 300g
11-12 Girls 300g
9-10 Boys 300g
9-10 Girls 300g
13-14 Boys 450g
13-14 Girls 450g
15-16/17-18 boys
15-16/17-18 Girls

DISCUS – 9:00 am

15-16/17-18 Boys 1.6kg
15-16/17-18 Girls 1kg
13-14 Girls 1kg
11-12 Girls 1kg
13-14 Boys 1kg
11-12 Boys 1kg

POLE VAULT – 9:00 am

13-14 Boys
13-14 Girls
15-16/17-18 Girls
15-16/17-18 Boys

Triple Jump- Start after long Jump

13-14 Boys
13-14 Girls
15-16/17-18 Boys
15-16/17-18 Girls