



2015

INLAND NORTHWEST

JUNIOR OLYMPIC

TRACK & FIELD CHAMPIONSHIPS



Friday June 19 – Central Valley High School – 4:30 pm to 8:00 pm
Saturday June 20 – Central Valley High School – 9:00 am to 4:00 pm

HOST: Inland Northwest Track & Field Association

AWARDS: Medals to the Top 5 Finishers

ENTRY FEE: \$6.00 per event

RELAY TEAM FEE: \$20.00 per relay

ENTRY DEADLINE: Wednesday June 17 at 7:00 pm

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

TO ENTER: **Entries are online only**

QUALIFYING: Top 8 finishers in each event advance to the Region 13 J.O. Championships @ Jesuit High School (July 9-12)

CONTACT: Chris Lowe – Meet Director (lowedog50@gmail.com)
509-280-6065

Age Division	Year of Birth
8 & Under	2007+*
9 - 10	2005-2006
11 - 12	2003-2004
13 - 14	2001-2002
15 - 16	1999-2000
17 - 18	1997-1998**

COMBINED EVENT & STEEPLECHASE ATHLETES

1. The combined events & Steeplechase will not be contested at the Junior Olympic Association Championships
2. All entries will be advanced automatically
3. Combined Event & Steeplechase 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

See schedule of events on the backside and age groups

Inland NW Association Junior Olympic Track & Field Championships

Friday June 19 – Events will be held in the listed order as soon as areas become available

4:30 pm	All Race walks		4:30 pm	Triple Jump	13-14 boys
5:00pm	3000m	All Girls 11-18		Triple Jump	13- 14 girls
5:20pm	3000m	All Boys 11-18		Triple Jump	15-16 boys/17-18 boys
5:45 pm	400m Hurdles	15-16 boys / 17-18 boys		Triple Jump	15-16 girls/17-18 girls
6:00 pm	400m Hurdles	15-16 girls/17-18 girls		Javelin	13-14 boys
6:15 pm	200m Hurdles	13-14 boys		Javelin	13-14 girls
6:30 pm	200m Hurdles	13-14 girls		Javelin	15-16 boys/17-18 boys
6:45 pm	4 x 800m Relay	All Age Divisions		Javelin	15-16 girls/17-18 girls
			5:00 pm	Hammer	15-16 girls/17-18 girls
				Hammer	15-16 boys/17-18 boys
				High Jump	15-16 girls/17-18 girls
				High Jump	15-16 boys/17-18 boys

Saturday June 20	10:00 am	Hurdles	15-16 boys/17-18 boys	110m
Events will be held in the listed order		Hurdles	15-16 girls/17-18 girls	100m
		Hurdles	13-14 boys	100m
		Hurdles	13-14 girls	100m
		Hurdles	11-12 boys	80m
		Hurdles	11-12 girls	80m
		400m	all age divisions	(girls followed by boys, youngest to oldest)
		4x100m Relay	all age divisions	(girls followed by boys, youngest to oldest)
		1500m	all age divisions	(girls followed by boys, youngest to oldest)
		100m	all age divisions	(girls followed by boys, youngest to oldest)
		800m	all age divisions	(girls followed by boys, youngest to oldest)
		200m	all age divisions	(girls followed by boys, youngest to oldest)
		4x400m Relay	all age divisions	(girls followed by boys, youngest to oldest)

LONG JUMP (PIT #2) – 9:00 am

11-12 Girls
11-12 Boys
8 & Under Girls
9-10 Girls
8 & Under Boys
9-10 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 – 10:30 am

11-12 Girls
11-12 Boys
9-10 Boys
9-10 Girls
13-14 Girls
13-14 Boys

LONG JUMP (PIT #1) – 9:00 am

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

SHOT PUT (Ring #2) – 9:30 am

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

JAVELIN – 11:00 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

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 – 9:30 am

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