

WHAT TO EXPECT AT THE JUNIOR OLYMPIC ASSOCIATION CHAMPIONSHIP MEET

- Packet pick-up (competitor numbers) will be available at the stadium. Packet pick-up will be located on the upper level at the back of the grandstands. Please check with your head coach first to claim your competitor number.
- Competitor numbers must be worn on the front and be used both days of the competition (pole vaulters may wear on back). Replacement numbers are available at packet pick-up for \$5.
- If 8 or less runners show for semi-final events they will be run as finals at the semi-final time.
- After the scheduled start of the 100m prelims & 100 finals, events may run up to 1 hour early.
- Weather delays: if we have a lightning strike, the meet will be delayed 30 minutes (assuming there are no more lightning strikes).
- Athletes need to have their implements checked in before competing. The implement inspection desk will be across from the bleachers, on the east side of the track, in the white maintenance building.
- Only steel-tipped javelins allowed.
- Privately-owned javelins do not lose identity and cannot be used without the owner's consent. All other privately-owned implements do lose their identity and become part of a community pool during the competition.
- For throws and horizontal jumps, there will be three attempts in the prelims, three attempts in the finals. *Finals directly follow the preliminary rounds.*
- The softball field southwest of the stadium will be the designated warm-up area for runners and jumpers. Warm-ups for the throws will be conducted by the event judges at the respective venues.
- Hurdlers may practice on the back stretch during the 100m (both Sat and Sun). Hurdles will be set up for their use. Coaches may not be on the track or infield with their athletes while they're warming up.
- Only athletes, meet officials and meet workers are allowed in the competition area. No coaches. No parents.
- At first call, proceed to the clerking tent (athletes who arrive after final call *may* be scratched from the event). Since the meet may run up to 1 hour early, please listen for first call rather than referring to the written schedule.
- If you have simultaneous events (field & running) you must check-in with both events by the time you hear third and final call. Tell the official you have another event at the same time. Do NOT leave the competition area without first checking out with the official. When you return, you need to check in with the official. It is the responsibility of the athlete to check in/out of each event.
- Please check in at the respective field events at the start time. Field events will not be running open pits.

- It is the responsibility of the athletes/coaches/parents to be familiar with the check-out rule for the field events. Please carefully read the Rule 302(q) on page 161 of the 2016 Competition Rules book.
- Relay uniforms: all participants shall wear a top of the same color and shorts of the same color.
- Starting blocks are required for ages 15-18 in events 400m and shorter.
- No competitor shall receive assistance in setting starting blocks except from an individual designated by the starter." (Rule 161.6)
- Electronic devices not approved by the Games Committee shall not be used by any individual in the area of competition or designated warm-up area. Of primary concern is anything that impedes your ability to hear: cell phones, I-Pods and the like. This rule includes ANYONE in the competition and warm-up areas...athletes, coaches, parents, officials, meet workers, siblings.
- For the prelims of 100m and 200m, lane assignments will be random draw.
- Runners will advance to finals in the 100m and 200m as per USATF Rule 303(h) for an 8-lane track: 1-8 athletes - run as finals at semi-final time; 9-16 athletes - 3 + next 2 best times; 17-24 athletes - 2 + next 2 best times; 25-32 athletes - 1 + next 4 best times; 33-40 athletes - 1 + next 3 best times; 41-48 athletes - 1 + next 2 best times
- For the finals of the 100m and 200m, lane assignments will be three draw: center 4 lanes with the 4 fastest times randomly assigned; the next outer lanes are for fifth and sixth; the outside lanes are seventh and eighth.
- For races 400m and longer, heats will be run slowest to fastest.
- In order to advance to the Regional Championship, athletes who qualify for a final at the Association meet must actually participate in the final to advance to Regionals.
- If you question the outcome of your event, notify your coach who will then take it up with the meet director.
- Once results have been posted for 30 minutes, and uncontested, awards will be made available.
- Top 8 places qualify for JO Regional Championships, July 7-10, Southwest Athletic Complex, Seattle, WA. Registration for the Regional Championship will be on Athletic.net.

CODE OF CONDUCT

Sportsmanship Guidelines for Coaches, Parents, Athletes and Others

Coaches and parents are tremendous assets to our youth athletes in track and field/cross country and our Association is extremely grateful for your cooperation, support and loyalty. We expect athletes to hold themselves to high standards of sportsmanship as outlined in the USATF Competition Rule Book and expect parents, coaches and others will themselves serve as role models for our youth athletes by exhibiting high standards of sportsmanship as well. We must never lose sight of the fact that the participants in youth athletics are only youngsters.

Officials and meet management personnel are here to help make this a positive experience for everyone, especially the athletes. Please treat them accordingly. The following guidelines should be adhered to at all times by athletes, coaches, parents and others: 1) Knowing and understanding the rules of track and field. 2) Showing respect for officials and their decisions. 3) Showing respect for opponents at all times. 4) Recognizing and appreciating the varying skill levels of all athletes participating. 5) Maintaining self-control at all times. 6) Showing a positive attitude when cheering. Sanctions may be considered toward parents, coaches, athletes and/or teams that do not adhere to these policies.

~ *Pacific Northwest Association Youth Committee*