



2021 USATF Pacific Northwest Association Youth Track and Field Championships

**Mt. Tahoma High School
4634 S. 74th St., Tacoma, WA 98409**

Friday, June 18, 2021, ages 9-10

Saturday, June 19, 2021, ages 11-12

Sunday, June 20, 2021, ages 13-14

REGISTRATION DEADLINE for ages 9-14: June 11th

Friday/Saturday, June 25-26, 2021, ages 15-18

REGISTRATION DEADLINE for ages 15-18: June 18th

To be contested June 13th at West Seattle Stadium:

Combined Events (ages 9-14)

Racewalk (ages 9-18)

Steeplechase (ages 15-18)

REGISTRATION DEADLINE: June 6th

Hammer (ages 15-18)

Registration deadline: June 1st

Age Divisions

9 – 10 year old	Born 2011-2012
11 – 12 year old	Born 2009-2010
13 – 14 year old	Born 2007-2008
15 – 16 year old	Born 2005-2006
17 – 18 year old	Born 2003-2004*

*athletes born in 2002 are also eligible if they do not turn 19 on or before 07/26/2021

Entry Fees

Individual Entry:	\$8 per event
Relay Entries:	\$24 per relay team

REGISTRATION: Meet registration will be on athletic.net

Registration for hammer throw will be on simplyregister: [simplyregister.net/register/?e=119529](https://www.simplyregister.net/register/?e=119529)

USATF Membership & Age Verification: A current 2021 USATF membership is required of all athletes. Before registering for events an athlete must obtain a membership number at [usatf.org/membership](https://www.usatf.org/membership). Cost is \$25. Athletes new to USATF will need to provide proof of age (birth certificate, passport, driver's license) to the USATF national office via USATF Connect. Please allow up to five business days. Age verification how-to video: <https://vimeo.com/user44435707/usatf-connect-member-tutorials/video/403329154>

COVID Mitigation: All competitors MUST show one of the following when picking up their race number:

1. Proof of vaccination (completed at least two weeks prior) or
2. A negative COVID test (taken no more than four days prior to the day of competition)

All athletes, coaches, officials and spectators must always wear a mask and practice social distancing. Athletes may lower/remove their mask when competing. The mask must stay in their possession at all times.

Upon entry into the stadium, everyone will be asked to take the COVID Attestation and have their temperature checked.

Due to current COVID restrictions, we must limit our capacity. Only one spectator per athlete, please. An additional guest will be allowed if they're volunteering at a field event.

Concessions will NOT be open. Please pack and plan accordingly.

Water fountains will not be on and water stations will not be offered around the track. Please pack and plan accordingly.

Awards: Medals for 1st - 3rd place; ribbons 4th – 6th place.

Event Procedures: A competitor must compete in their age division only. There will be no "moving up" in any events. Competitors in the 9-10 and 11-12 age divisions may compete in a maximum of three (3) events, including relays. 13-14, 15-16, and 17-18 age divisions may compete in a maximum of four (4) events, including relays. All relay team members must belong to the same USATF member club.

Uniforms & Shoes: Athletes are not required to wear specific uniforms in individual events. However, shorts and shirts must be worn. Relay teams must wear a top of a same color and bottoms of a same color. Rule 302.3(d). Spikes longer than ¼" are not allowed. Pin/needle spikes of any length are not allowed.

Protests: There will be a \$50 fee for all protests. Protests must be submitted to the Protest Referee at once and no later than 30 minutes after a result has been posted. The protest fee will be refunded if the protest is upheld.

FIELD EVENTS

Meet management will provide implements. Athletes are welcome to bring their own implements.

Athletes need to have their implements checked in before competing. The implement inspection desk will be under the grand stand toward the south end. The implements will be impounded until warmups for each individual throwing event. Please check in implements on the day of competition only.

Privately-owned implements do not lose identity and cannot be used without the owner's consent

Only steel-tipped 600g and 800g javelins are allowed (not applicable to the mini or aero javelins).

For throws and horizontal jumps, there will be three attempts in the prelims, three attempts in the finals. Finals directly follow the preliminary rounds.

TRACK EVENTS

The 3000m for the 11-12 year olds will be contested on Sunday, June 20th (even though all other events will be on June 19th). The 3000m for the 13-14 year olds will be contested on Saturday, June 19th (even though all other events will be on June 20th).

Clerking/athlete check-in will be in the infield as well as the warm-up area (no coaches in the infield).

Meet management will provide starting blocks. Starting blocks are required for ages 15-18 in events 400m and shorter.

If 8 or fewer runners show for semi-final events they will be run as finals at the semi-final time.

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.

Hurdlers may practice on the back stretch during the 100m. 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.

MISCELLANEOUS MEET INFORMATION

Meet management will be providing live streaming of events.

If you anticipate a national record attempt, please inform meet management at least one week in advance. Only then can we ensure that we have the proper officials and equipment (steel tape, wind gauge, etc) in place.

Weather delays: if we have a lightning strike, the meet will be delayed 30 minutes.

Only athletes, meet officials and meet workers are allowed in the competition area. No coaches. No parents.

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.

For information not listed on this syllabus, meet management will refer to the 2021 USATF Rules and the Youth Guide.