

WHAT TO EXPECT AT THE JUNIOR OLYMPICS ASSOCIATION CHAMPIONSHIP

- Packet pick-up (competitor numbers) will be available Saturday morning at 7:30am at the stadium (north end of the home grand stand on the track level). 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. 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 meet starts, events may run up to 1 hour early.
- Athletes need to have their implements checked in before competing. The implement inspection will take place on the backside of the school
- Only steel-tipped javelins allowed.
- The shot put for 12 & under will be contested in the lower arena (next to the track; 13+ will be contested in the upper arena. The discus and javelin will be contested in the upper arena. The turbo-javelin will be contested on the track in-field.
- Please use the designated warm-up area, west of the stadium behind the visitor grandstand, to prepare for your event.
- The clerking tent will be near the 100m start line below the flagpole.
- Hurdlers may practice on the back stretch during the 100m (both Sat and Sun). Hurdles will be set up for your 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 (o) on page 174 of the 2014 Competition Rules book.
- Relay uniforms: all participants shall wear a top of the same and shorts of a same color.
- Starting blocks are required for ages 15-18 in events 400m and shorter.
- 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 all races 800 & below- They will be seeded 4-5-3-6-2-7-1-8. The fastest athlete from the 8 finalists will be seeded into lane 4, the next fastest overall will be seeded into lane 5 & so on.
- 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 6-9 at Central Valley High School, Spokane
- Registration for Regionals will be available online at 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 this Association (INWTF) 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.

USATF Inland Northwest Association