

**2019 USATF
Region 7
JUNIOR
OLYMPICS
CHAMPIONSHIPS**

July 11-14, 2019
Joliet Memorial Stadium
3000 Jefferson Street
Joliet, Illinois



Region 7 Combined Events Schedule

Day # 1 Thursday, July 11

8:00am: Heptathlon 15-18 (G) 100H HJ SP 200	9:00 am: Pentathlon 13-14 110H SP HJ LJ 800/1500 (YG/YB)	10:00 am: Decathlon 15-18 (B) 100 LJ SP HJ 400
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Day #2 Friday, July 12

8:00am: Decathlon 15-18 (B) 110H DT PV JT 1500	9:00 Pentathlon 11-12 80H SP HJ LJ 800/1500	10:30 am: Heptathlon 15-18 (G) LJ JT 800	11:00am: Triathlon 9-10 SP HJ 200/400
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Note: The Hammer Throw (ages 15-18, girls then boys). The approximate start time is 3:30 pm on Friday, July 12.

- **Combined Events Registration:** Registration/entry for combined events is at the following site: www.athletic.net. Go to Search. Look for USATF Region 7 Combined Events. The deadline is Sunday, July 7, 2019 at 11:59 pm. Day of meet registration will not be allowed.
- **Fees:** Triathlon (9-10 \$15), Heptathlon (15-18 \$20), Pentathlon (11-14...\$15) and Decathlon (15-18\$20).
- **USATF Membership is required.** When applying for USATF membership for the first time, a valid proof-of-age document must be received with the membership application.
- **Qualification for advancement to the USATF Jr. Olympics National Champions,** July 22 – 28, in Sacramento, California. Top two (2) places

automatically advance. Note: Anyone making the performance standard can also advance to the national competition. "Performance Standard" listed at <http://www.usatf.org/Events---Calendar/2019/USATF-National-Junior-Olympic-Track---Field-C.aspx> .

- **National Registration Fees:** All athletes must declare and pay for National Jr. Olympics advancement at the following site: www.athletic.net. Fees are as follows: \$10.00 per individual event, \$40.00 per relay, \$20.00 triathlon/pentathlon, and \$24.00 decathlon/heptathlon.

2019 Region 7 Running & Field Events Schedule

Saturday, July 13

Running Events (8:00am)
 3000 (F)
 100 (P)
 200H (F)
 400H (F)
 800 (F)
 100 (F)
 4x800 (F)
 4x100 (F)

Field Events (8:00 am)
 LJ (0-10)
 Triple Jump (All)
 Pole Vault (Boys)
 High Jump (Girls)
 Shot Put (Boys)
 Discus (Girls) then
 Javelin (Girls)

Sunday, July 14

Running Events (7:00am)
 Steeplechase (F)
 Race Walks (F)
 110/100/80H
 80/100/110H
 400 (F)
 1500 (F)
 200 (F)
 4x400 (F)

Field Events (8:30am)
 LJ (11-18)
 High Jump (Boys)
 Shot Put (Girls)
 Discus (Boys) then
 Javelin (Boys)
 Pole Vault (Girls)

- **Events Registration:** Registration/entry for running and field events is at the following site: www.athletic.net. Go to Search. Look for USATF Region 7 Junior Olympics T&F Championships. The deadline is Tuesday, July 9, 2019 at 5:00 pm. Day of meet registration will not be allowed.
- **Fees:** Individual events are \$9.00 each. Relays are \$36.00.
- **Packet Pickup:** Saturday, July 13th at 7:00 am thru Sunday, July 14th, at the track. Please allow enough time for pickup before each event.
- **Admissions:** The admission fee is \$10.00 per day for Saturday and Sunday. An admission fee is not charged for Thursday and Friday. Children 4 & under are free. Only those coaches whose name appears on the Coaches Registry are admitted free.
- **Starting Heights:** To be determined by the field judge for each age division at each event.
- **Medical:** Medical trainers will be on site and available where needed.
- **T-Shirts:** Fine Designs will sell "Region 7 Jr. Olympics Championship" t-shirts.
- **National Jr. Olympics Qualification:** The top five (5) finishers in each event at the Region 7 meet qualify to advance to the JO National Championship, July 22-28, in Sacramento, California.
- **Athletes 10 & Under:** must be picked up by a parent or coach after each competition. They will be held in the hiping and clerking area.

Additional Information/Contacts: contacts:

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