



2023 USATF Region 7 Junior Olympic T&F Championships

University Of Illinois
Demirjian Park
606 Saint Mary's Road
Champaign, IL 61820
July 6-9, 2023

Combined Events Schedule

Special Note: Athletes are allowed in the facility at 12:00 noon. They will start their warmups and then compete starting at 12:30 pm. If they need to weigh their Implements, they can do so starting at 10:30 am.

Day # 1 Thursday, July 6

12:30 pm: Heptathlon	1:30 pm: Pentathlon	2:30 pm: Decathlon
15-18 (G)	13-14	15-18 (B)
100H	100H	100
HJ	SP	LJ
SP	HJ	SP
200	LJ	HJ
	800 (G)/1500 (B)	400

Day #2 Friday, July 7

12:30 pm:	1:30 pm	3:00 pm:	3:30 pm
Decathlon	Pentathlon	Heptathlon	Triathlon
15-18 (B)	11-12	15-18 (G)	9-10
110H	80H	LJ	SP
DT	SP	JT	HJ
PV	HJ	800	200(G)/400(B)
JT	LJ		
1500	800(G)/1500(B)		

The Hammer Throw (ages 15-18, girls then boys). The approximate start time is 5:00 pm on Friday, July 7

- **Combined Events Registration:** Registration/entry for combined events is at the following site:
<https://www.athletic.net/TrackAndField/meet/504524/register>. **The deadline is Monday, July 3rd, at 5:00 pm.** Day of meet registration will not be accepted.
- **Fees:** Triathlon (9-10 \$17), Heptathlon (15-18 \$22), Pentathlon (11-14...\$17) and Decathlon (15-18\$22).
- **The top two** finishers automatically qualify for the national meet.
- **USATF Membership** is required.

2023 Region 7 Running & Field Events

- **Event Registration:** Registration/entry for running and field events is at the following site:
<https://www.athletic.net/TrackAndField/meet/504529/register>. and (PARA)
<https://www.athletic.net/TrackAndField/meet/504534/register>. The deadline is Tuesday, July 4, 2023, at 11:59 pm. Day of meet registrations will not be accepted.
- **Fees:** Individual events are \$9.00 each. Relays are \$36.00.
- **Packet Pickup:** Saturday and Sunday at 7:00 a.m. at the track. Please allow enough time for pickup before each event.
- **Admission:** The admission fees are as follows:

Thursday & Friday	\$5.00 daily (ages 5&up)
Saturday & Sunday	\$10.00 daily (ages 5 & up)

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- Children 4 & under are free. Only coaches whose names appear on the Coaches Registry are admitted free. Pending approvals are not accepted.
- **Starting Heights:** To be determined by the field judge for each age division at each event.
- **Medical:** A medical trainer will be on site and available where needed.
- **T-Shirts:** Fine Designs will sell "Region 7 Junior Olympic Championship" t-shirts.
- **National Jr. Olympics Qualification:** The JO National Championship, will be contested July 24 thru July 30, in Eugene, Oregon. The top five (5) in each event, except PARA, athletes can advance.
- **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:**

Brenda Kimbrough, Regional Coordinator
bbkimbrough@gmail.com

Art Pahl, Vice President Operations
pahlac58@gmail.com

Marc Jones, Youth Chair,
jonesdaddy5@yahoo.com

Jamero Rainey, Officials
Jamrainey21@gmail.com

Event Schedule

Special Note: Athletes are allowed in the facility at 12:00 noon. They will start their warmups and then compete. If they need to weigh their Implements, they can do so starting at 10:30 am.

If they are competing in a field event, competition will start at 12:30 pm. If they are in a track event, competition will start at 1:00 pm.

There will be a coaches meeting at 11:30 am, on Saturday at the start/finish line.

Saturday, July 8

Running Events (1:00 pm)	Field Events (12:30 pm)
3000 (F)	LJ (0-10)
100 (P)	Triple Jump (All)
200H (F)	Pole Vault (Boys)
400H (F)	High Jump (Girls)
800 (F)	Shot Put Boys-
100 (F)	(Ambulatory &
(Ambulatory &	Wheelchair)
Wheelchair)	Shot Put (Boys)
100 (F)	Discus (Girls)
4x800 (F)	Javelin (Girls)
4x100 (F)	

Sunday, July 9

Running Events (1:00 pm)	Field Events (12:30 pm)
Steeplechase (F)	LJ (11-18)
Race Walks (F)	High Jump (Boys)
110/100/80H	Shot Put Girls-
80/100/110H	(Ambulatory &
400 (F) Ambulatory &	Wheelchair
Wheelchair)	Shot Put (Girls)
400 (F)	Discus (Boys)
1500 (F)	Javelin (Boys)
200 (F) iAmbulatory &	Pole Vault (Girls)
Wheelchair)	
200 (F)	
4x400 (F)	

Notes:

- 1. Unless otherwise noted, the starting order shall be younger to older, girls followed by boys per age group.**
- 2. Athletes participating in field events must provide their own implements.**
- 3. Schedules are subject to change. It is your responsibility to continue to check for recent updates.**

Key — P = Prelim, F = Finals