



**2021 USATF Region 11 Youth
Track & Field Championships
Utah Valley University – July 9-10, 2021
Hal Wing Track College Dr, Orem, UT 84058**

MEET WEBSITE: <https://usatfutahyouth.weebly.com/>

Date of Birth verifications are required. However, we understand that many are having troubles getting your birth certificates verified with the new system through the national office. If you are struggling and not verified yet it will allow you to register but please bring your Birth Certificate to the meet and to the registration table so that we can verify it.

****The Heptathlon & Decathlon** will be competed in Idaho Falls June 24-25th and not at this meet. If you would like to participate in those register here:

<https://www.athletic.net/TrackAndField/meet/438740/register>

***Also, for this year** all athletes must meet the following Covid Policy (a covid agreement will be required upon registration. (stating that you will comply and if, due to timing of registration versus actual testing results, tests come back positive and not in alignment with the stated policy you will withdraw from the meet and not come).

COVID POLICY: All participants must verify one of the following:

1. Fully vaccinated (> 2 weeks after the full course of vaccination)
2. If the athlete had a confirm COVID-19 test via PCR or antigen testing within 90 days of the competition, then they are cleared to participate if
 - a. It has been at least 14 days since the positive COVID-19 test
 - b. It has been at least 24 hours with no fever without the use of fever-reducing medicine
 - c. Other symptoms of COVID-19 are resolved
3. One negative COVID-19 PCR test performed within 7 days of the event.
4. One negative COVID-19 antigen test performed within 7 days of the event and athlete/participant is asymptomatic and athlete/participant has not had exposure to a person with confirmed COVID-19 in the last 14 days.

Clubs and unattached athletes must register and pay online at [athletic.net](https://www.athletic.net) by **Midnight Wednesday July 7, 2021**. Late entries will not be accepted. Fees will be accepted online. The Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within athletic.net for accuracy prior to submitting entry.

Age Division Entry Limits:

Age Division	Year of Birth	Entry Limits
8 & Under	2013+*	3 Events
9 - 10	2011-2012	3 Events
11 - 12	2009-2010	3 Events
13 - 14	2007-2008	4 Events
15 - 16	2005-2006	4 Events
17 - 18	2002-2004**	4 Events

Entry limitations include relays, but not combined events. Entry in a relay, either as a primary or an alternate member, will be considered an entry.

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

Place: Utah Valley University - Hal Wing Track, College Dr. Orem, Utah 84058

Entry & Fees: \$9.00 per event \$30.00 per relay, and \$17.00 for Pentathlon/Triathlon. Athletes will receive bib numbers at the meet. Lost bib replacement charge is \$10.00. **Athletes must register and pay entry fees online at athletic.net to compete.**

Awards: Awards will be presented shortly after the conclusion of each age group event.

Contact: Utah Association Youth Chair: Tony Glover (801) 641-9567, g21tony@netzero.com

Rules & Conduct: USA Track & Field Competition Rules will govern. Coaches and parents are responsible for the conduct of their athletes. Failure to maintain proper control or display good sportsmanship may result in the removal of a team or individual from further competition, or the expulsion of a coach, parent, or spectator. Once the meet begins, only competing athletes and working officials will be allowed on the track or infield, except in the case of medical emergencies.

Protests: Protests relating to matters, which develop during the conduct of the meet, must be made to the Referee, at once and not later than (30) thirty minutes after a result has been announced. All protests must be made in writing and accompanied by a \$100.00 cash deposit. The deposit will be refunded if the protest is upheld and forfeited if the protest is denied.

Uniforms: All relay team members must wear a top and shorts of the same color. Body suits must be of the same colors also.

Implements: All throwing implements will be inspected up to 30 minutes prior to the athlete's scheduled time of competition on each day. Implements will be marked and returned to the athlete. The head of each event will check to determine if the implement has been marked. Only marked implements will be allowed for the competition. All implements that fail to pass the inspection will be impounded until after the competition has completed. For Pole Vault it is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight.

Equipment: Any legal baton may be used. Only starting blocks provided by meet management may be used. The maximum spike length allowed for running and field events is 1/4". Absolutely no needle nose or

Christmas tree spikes will be permitted. This will be strictly enforced. Athletes with spikes that do not meet this requirement will not be admitted to their event.

Athlete Check-In: Athletes must check-in 20 minutes before the scheduled start of their event. Any athlete not checked-in by the last call for their event will be automatically scratched.

Parking: All teams and spectators will park in the parking lots. See facility map.

Admission: All athletes, coaches, and spectators can enter through the main entrances.

Participant Seating/Tents: Tents are allowed on the grassy area around the track. Please make sure your tents/canopies are secured with stakes and tie-downs. Please do not block entrances. No slack-lines or hammocks are permitted. Coolers and food may be brought into the stadium. No glass containers, smoking, or alcohol will be allowed.

Restrooms will be available along the fence line near the entrances.

There is no potable water source in the facility so please bring ample water for you and your team. We will have water available at the finish line and at field events during competition for athletes.

FIELD IMPLEMENT SPECIFICATIONS

<u>Mini Javelin</u>	<u>Javelin</u>	<u>Discus</u>	<u>Shot Put</u>	<u>Hammer</u>
8 & under G/B - 300g	13-18G - 600g	11-18G - 1kg	8 & under G/B - 2kg	15-16G - 4kg
9-10G/B - 300g	13-14B - 600g	11-14B - 1kg	9-14G 6lb	15-16B - 12lb
	15-18B - 800g	15-16B - 1.6kg	9-12B - 6lb	17-18W - 4kg
<u>*Aero Javelin*</u>		17-18M - 1.6kg	13-14B - 4kg	17-18M - 12lb
11-12G/B - 450g			15-18G - 4kg	
			15-18B - 12lb	

HURDLE SPECIFICATIONS

DISTANCE	DIVISION	# HURDLES	HEIGHT	TO FIRST	INTERVAL	TO FINISH
80m	11-12G, 11-12B	8	30"	12m	7.5m	15.5m
100m modified	13-14G	10	30"	13m	8.0m	15.0m
100m	13-14B, 15-16G, 17-18G	10	33"	13m	8.5m	10.5m
110m	15-16B, 17-18M	10	39"	13.72m	9.14m	14.02m
200m	13-14B, 13-14G	5	30"	20m	35m	40m
400m	15-16G, 17-18W	10	30"	45m	35m	40m
400m	15-16B, 17-18M	10	36"	45m	35m	40m



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Friday, Schedule of Events

All athletes must check-in for their events. All Running Events except for 100-meters & 200-meters are Timed Finals. All 100-meters & 200- meters events will have Prelims and Finals. All Field Events will have Trials & Finals with the exception of High Jump and Pole Vault. The Heptathlon and Decathlon will not be competed at this meet, as the Region meet for those will be in Idaho previous to this meet.

Friday, July 9, 2021

9:00 a.m.	Pentathlon	13-14B	100H(33”), SP(4 kg), HJ, LJ, 1500m
9:45 a.m.	Pentathlon	13-14G	100H(30”), SP(6 lb), HJ, LJ, 800m
10:30 a.m.	Pentathlon	11-12G	80H(30”), SP(6 lb), HJ, LJ, 800m
11:15 a.m.	Pentathlon	11-12B	80H(30”), SP(6 lb), HJ, LJ, 1500m
1:00 p.m.	Triathlon	9-10G	SP(6 lb), HJ, 200m
1:00 p.m.	Triathlon	9-10B	SP(6 lb), HJ, 400m

5:00 p.m. High Jump 15-16 & 17-18 Women

5:00 p.m.	100m Dash Prelims	All Age Divisions 8 & Under through 17-18 G & B
6:00 p.m.	4x800m Relay	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
6:30 p.m.	Hammer Throw	15-16 G (4kg), 17-18 G(4kg), 15-16B(12 lb), 17-18 B(12 lb)
6:30 p.m.	High Jump 15-16 & 17-18 Men	
6:30 p.m.	200m Dash Prelims	All Age Divisions 8 & Under through 17-18 G & B
7:30 p.m.	3000m Run	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
8:15 p.m.	1500m Race Walk	9-10G, 9-10B, 11-12G, 11-12B
8:30 p.m.	3000m Race Walk	13-14G/B, 15-16G/B, 17-18W/M

***Although there are times next to the events on the schedule, we may adjust the schedule where it is needed up to 30 minutes ahead. We will also attempt to stay on or ahead of schedule whenever possible. It is up to the coaches, athletes, and parents to pay attention to what's going on at all times. Athletes will need to check -in at the Bull pen 20 minutes prior to their event and have all Field Event Implements weighed in and marked.**



2021 USATF Region 11 Youth Track & Field Championships

Saturday, Schedule of Events

Saturday, July 10, 2021 - Track Events

10:00 a.m.	1500m Run	All Age Divisions (8 & under G/B – 17-18 W/M)
11:00 a.m.	400m Hurdles	15-16B(36”), 17-18M(36”), 15-16G(30”), 17-18W(30”)
11:30 a.m.	200m Hurdles	13-14G(30”), 13-14B(30”)
11:45 a.m.	4x100m Relay	All Age Divisions (8 & under G/B – 17-18 W/M)
12:00 p.m.	400m Dash	All Age Divisions (8 & under G/B – 17-18 W/M)
1:00 p.m.	Lunch Break	
1:30 p.m.	2000m Steeplechase	15-18 G(30”), 15-18 B(36”)
2:00 p.m.	100m Dash Finals	All Age Divisions (8 & under G/B – 17-18 W/M)
2:30 p.m.	110m Hurdles	15-16B(39”), 17-18M(39”)
3:00 p.m.	100m Hurdles	15-16G(33”), 17-18W(33”), 13-14B(33”), 13-14G(30” modified)
3:30 p.m.	80m Hurdles	11-12G(30”), 11-12B(30”)
4:00 p.m.	800m Run	All Age Divisions (8 & under G/B – 17-18 W/M)
5:00 p.m.	200m Dash	All Age Divisions (8 & under G/B – 17-18 W/M)
5:30 p.m.	4x400m Relay	Age Divisions (8 & under G/B – 17-18 W/M)

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Saturday, July 10, 2021 Field Events

	Long Jump (Pit 1)	Long Jump (Pit 2)	High Jump (Pit 1)	Pole Vault	Discus	Shot Put	Javelin
9:00 AM	8 & Und G	8 & Und B	13-14 G		15-16 G 1kg	11-12 B 6lb	17-18 G 600g
9:45 AM					15-16 B 1.6kg	11-12 G 6lb	17-18 B 800g
10:00 AM	9-10 G	9-10 B		All Girls			
10:30 AM			13-14 B		17-18 G 1kg	8 & U G 2kg	15-16 G 600g
11:00 AM	11-12 G	11-12 B				8 & U B 2kg	
11:15 AM					17-18 B 1.6kg		15-16 B 800g
11:30 AM						9-10 G 6lb	
12:00 PM	13-14 G	13-14 B	11-12 G		11-12 B 1kg	9-10 B 6lb	13-14 G 600g
12:30 PM							
1:00 PM	LUNCH BREAK						
1:30 PM	15-16 G	15-16 B	11-12 B		11-12 G 1kg	17-18 G 4kg	13-14 B 800g
1:45 PM					13-14 G 1kg	17-18 B 12lb	
2:00 PM				All Boys			
2:15 PM						15-16 G 4kg	9-10 G Mini
2:30 PM	17-18 G	17-18 B			13-14 B-1kg		
2:45 PM						15-16 B 12lb	9-10 B Mini
3:00 PM			9-10 G				
3:15 PM	Triple Jump	Triple Jump				13-14 G 6lb	8 & Und G Mini
3:30 PM	13-14 G/ 15-16 G/ 17-18 G	13-14 B/ 15-16 B/ 17-18 B					
3:45 PM			9-10 B			13-14 B 4kg	8 & Und B Mini
4:00 PM							
4:15 PM			<i>**Note 15-18</i>				11-12 G Aero
5:00 PM			<i>Competes on Friday</i>				11-12 B Aero

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Utah Valley University - Region 11 Field Map

