AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

<table>
<thead>
<tr>
<th>Age Divisions</th>
<th>Eligibility Requirements</th>
</tr>
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<tbody>
<tr>
<td>8 &amp; under (born 2011 +)</td>
<td>All athletes in this division must be 8 or younger on July 9, 2019.</td>
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<tr>
<td>9 - 10 (born 2009-2010)</td>
<td>All athletes in this division must be 9-10 years old on July 9, 2019.</td>
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<tr>
<td>11 - 12 (born 2007-2008)</td>
<td>All athletes in this division must be 11-12 years old on July 9, 2019.</td>
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<tr>
<td>13 - 14 (born 2005-2006)</td>
<td>All athletes in this division must be 13-14 years old on July 9, 2019.</td>
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<tr>
<td>17 - 18 (born 2001-2002)</td>
<td>All athletes in this division must be 17-18 years old on July 9, 2019.</td>
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* athletes born in 2000 are also eligible if they do not turn 19 on or before 7/28/2019

Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no “moving up” in any events, including relays. Competitors in the 8 & Under, 9-10 and 11-12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13-14, 15-16 and 17-18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2019 members of USATF in good standing.

Per Rule 300 1 c: Athletes must be at least (7) years of age by December 31 of the current year. Meaning if you are 6 you will turn 7 by the end of the current year you are (7) the entire year, January 1 through December 31 of any current year. This is a USATF SANCTIONED EVENT.

Relay Teams: Only registered 2019 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit www.usatf.org/membership.

ENTRY PROCESS:

Individual Entries: $9.00 per event  
Relay Entries: $36.00 per relay team  
Decathlon/Heptathlon: $22.00 per entry  
Triathlon/Pentathlon: $17.00 per entry

Club Administrators and Unattached Athletes will register online at athletic.net by July 6 at 11:59 pm, CST. Late entries will not be allowed. Online registration opens June 24, 2019. All entry fees must be paid online by close of registration. Please bring entry fee receipts and try to arrive in enough time so as not to compromise check in time for your events. 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. An instructional video on the online registration process may be accessed by visiting, http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx

WAIER: All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed online.
electronically; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

**AWARDS:** USATF Junior Olympic medals will be awarded to the top five (5) individuals and the top five (5) relay teams in each event of each age division.

**ADVANCEMENTS** The National Junior Olympic Championships will be held from Monday, July 22nd to Sunday, July 28th in Sacramento, CA. The top 5 athletes at the Region 12 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at: [http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp](http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp)

**IMPLEMENT WEIGH-IN:** 7:00 am. Please check in all implements 2 hours prior to the event or at best upon entry into the stadium at site to be determined at TCU and Clark stadiums. Signage instruction will be provided in both places. There will be implement inspection in two places on July 9 & 10, 2019 for the Heptathlon and Decathlon as well as possibly the hammer and javelin.

**EVENT CHECK-IN:** There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event’s scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in. No coaches will be allowed within this area and it will be secured.

**EVENT SCHEDULING CONFLICTS:** When athletes are in two or more events at the same time, they must check in at each event, obtain permission to be excused by the Head Event Official from one event, and return to any event before the conclusion of all preliminary or final attempts, whichever the case may be. See the Youth Section of the USATF rulebook, Page 164, Rule 302(5)(p). It is very important that you advise the Head Officials overseeing events in which you may have a potential schedule conflict, particularly conflicts with throwing events due to the distance of the Throws Area from the main track facility.

**COMPETITION BIB NUMBERS:** The bib number must match the competition number on the “Team Entries” printout. All competitors must wear their assigned bib numbers during competition on the front on their jerseys only. Please make sure your athlete is wearing the correct number. An athlete must wear their bib numbers and wristbands to compete.

**LOST BIBS & WRISTBANDS:** If an athlete loses the bib or wristband a replacement can be purchased for a fee of $9.00 each. Packet pick up will be located at the host hotel the night before the meet from 7-9 pm and every morning of the meet at the gate out front on the first day of the meet and at the gate on subsequent days at 7:30 am.

**RESTRICTED AREAS:** Coaches and spectators will not be allowed on the track, the infield or in the clerking (heating) area.

**EVENT RESULTS:** During competition, event results will be posted near the press box and on the ground level near the entrance. Posted results are for everyone’s observation. **PLEASE DO NOT REMOVE POSTED RESULTS. Event results will be posted online.**

**PROTESTS:** Protests relating to matters which develop during the conduct of the competition must be submitted to the Meet Referee at once and not later than 30 minutes after a result has been posted, (rule 146.2). Only violations of the current USATF Rules of Competition may be protested. The protest should be written on the Protest Form with the proper USATF rule sited. Protest fees are **$100 CASH ONLY, NO EXCEPTION.** Fees and completed protest forms can be turned in at the ticket booth. The protest fee will be reimbursed if the is upheld if protest is upheld. Before filing the protest please be sure you have read and understand Disqualifications USATF rule 145 in its entirety as well.

**HYDRATION:** Make sure your athletes are drinking plenty of fluids to stay hydrated. There will be continuous hydration in all event areas.

**TENTS & LARGE UMBRELLAS:** Tents and large umbrellas are allowed in the upper outer rows of the stands only. Tents are not allowed in front of the press box. You will not be allowed to set up your tent or large umbrella in front of someone else’s tent or large umbrella. Tents may be left overnight at your own risk.
SAFESPORT RULES – CONDUCT & FACILITY: ZERO TOLERANCE FOR MISCONDUCT OF ATHLETES, COACHES AND SPECTATORS THERE ARE NO EXCEPTIONS & WILL BE ENFORCED.

UNAUTHORIZED PERSONNEL ARE NOT ALLOWED ON THE TRACK, IN THE FIELD EVENT AREA & MOST OF ALL IN THE CLERKING AREA.

GATE ADMISSION FEES: $10.00 General Admission.

Children 5 and under are free. Wristbands must be worn at all times to enter facility. All coaches on the Safesport Compliance List aka Coaches Registry with a current USATF membership and clearance through the USATF Background Check and Safesport will be given a coaches wristband and admitted free

DIRECTIONS: Use your GPS until further notice.

PARKING: FREE

CONTACT:
Name: Toni Nichols
Phone Number: 214-803-9633
E-mail: tnichols70@sbcglobal.net

Schedule of Events

Tuesday: July 9 TCU

8: 00 am

2000m Steeplechase 15-16 G/B, 17/18 W/M F

9:00am TCU 9:30 am TCU

Heptathlon15/16-17/18 Decathlon 15/16-17/18
100mh 100m
High Jump Long Jump
Shot Put Shot Put
200m High Jump
400m

8:30 am Clark 10:00 am Clark 1:00 pm Clark

Pentathlon 13/14 Triathlon 9/10 Pentathlon 11/12
100 mh Shot Put 80 mh
Shot Put Shot Put
High Jump High Jump
200/400 High Jump 800/1500
Long Jump Long Jump
800/1500 Long Jump

Wednesday: July 10 TCU

8:00 am

Hammer 15-16 G/B, 17-18 W/M TCU F

9:00 am TCU 9:30 am TCU

Decathlon 15-16,17-18 Heptathlon 15-16,17-18
110mh Long Jump
Discus Javelin
Pole Vault 800m
Javelin 1500 m

12:00 pm  TCU
Javelin 600g  13-14 GB, 15-16 G, 17-18 W  F
Javelin 800g  15-16 B, 17-18 W/M  F

FIELD EVENTS  Clark
12:00 pm
Long Jump  8U G/B  F
Aero Javelin  11-12 G/B  F

RUNNING EVENTS
12:00 pm  4x800 Relay  11-12 GB, 13-14GB, 15-16 GB, 17-18 MW  F

Thursday:  July 11

RUNNING EVENTS
8:30 am  3000m  11-12 GB, 13-14 GB, 15-16GB, 17-18 WM  F
4x400m relay  ALL  P
110mh  15-16 B, 17-18 M  P
100mh  13-14 GB, 15-16 G, 17-18 W  P
80mh  11-12 G/B  P
100m  ALL  P
200m  ALL  P

FIELD EVENTS
8:30 am  2:30 pm
Long Jump  17-18 WM  Long Jump  13-14 GB  F
Triple Jump  15-16 GB  High Jump  13-14 GB  F
High Jump  9-10 G, 11-12 G  Shot Put  15-16 G 17-18 W  F
Shot Put  8U B, 9-10B, 11-12 B  Shot Put  8U, 9-10 G, 11-12 G  F
11:30 am
High Jump  9-10 B, 11-12 B  F
Discus  11-12 GB, 13-14 GB  F

Friday:  July 12

RUNNING EVENTS
8:30 am
110mh  15-16 B, 17-18 M  F
100mh  13-14 GB, 15-16 G, 17-18W  F
80mh 11-12 GB' F
4x100m relay ALL P
800m ALL F
100m ALL F
400m ALL P
200mh 13-14 GB P
400mh 15-16 GB, 17-18WM, P
200M ALL F

FIELD EVENTS

8:30 am
Pole Vault 13-14B, 15-16B 17-18 M F

8:30 am
Long Jump 15-16 GB F
Triple Jump 17-18 M F
High Jump 17-18 W F
Shot Put 13-14 GB F
Mini Javelin 8U.B, 9-10 B, F

11:30 am 2:30 pm
Long Jump 9-10 GB, 11-12 GB High Jump 15-16 G F
Triple Jump 17-18 W Discus 15-16 B, 17-18 M F
High Jump 15-16 B, 17-18 M Triple Jump 13-14 G B F
Mini Javelin 8U G, 9-10 G, 11-12 G F

Saturday: July 13

RUNNING EVENTS

8:30 am
1500m Race Walk 9-10 G/B, 11-12 GB, F
3000m Race Walk 13-14 G/B, 15-16 GB, 17-18 WM F
4x100m relay ALL F
400m ALL F
200mh 13-14 GB F
400mh 15-16 G/B, 17-18 W/M F
1500m ALL F
4x4m relay ALL F
Holiday Inn Express (Cityview): $129.99
Courtyard (Fossil Creek): $99
Fairfield (Fossil Creek): $78
Hilton Garden Inn (Medical District): $150
Embassy Suites (Downtown): $169
Sheraton (Downtown): $139
Courtyard (University): $159