

**Region 5 USATF Junior Olympic
Track & Field Championships
Hosted by USATF Michigan Association
July 7 - 9, 2023 Olivet College
758 Pioneer Drive, Rochester Hills, MI 48309**

Meet Entries: All entries must be done online at [Athletic.net](https://athletic.net) — no other entry method will be accepted. You may access the registration links at: athletic.net. The entry deadline is July 05, 2023 at 6:00 p.m. EST.

Meet Entry Fees (must be paid online at athletic.net) Individual - \$9.00 per event. Relay - \$36.00 per relay. Triathlon & Pentathlon - \$17.00, Decathlon & Heptathlon - \$22.00.

Admission Fees: \$6.00 for everyone. Free for Pre School. Coaches who have purchased a USATF membership card prior to July 1, 2023 will be admitted free with USATF membership card and photo ID. All Parent and Coaches must have wrist band provided upon entry to the facility, If you don't have a wrist band you will be asked to return to the entry gate and purchase. This is done for everyone's safety. No exceptions.

Competition Areas: Parents, fans and coaches must remain outside the flagged competition/bullpen areas.

Competitor Numbers: Numbers will be worn on front (except Pole Vaulters). Replacement numbers will cost \$10.00. All Competitors are required to wear competition wristbands provided at packet pickup.

Awards: USATF Junior Olympic medals for 1st, 2nd, 3rd 4th 5th places.

Implements: Will be weighed and approved. Only approved implements will be allowed in the competition area. Athletes competing in the pole vault will be weighed at the time their implement is checked.

Relays: Only those athletes that are listed on the athletic.net club roster will be eligible to run in a relay. There will be no roster additions after the Association Meet.

Protests: Protest must be filed within 30 minutes of announcement of the final results. A \$100.00 protest fee will be charged. All protests must be submitted in writing with the specific rule(s) in question stated. Fee returned if protest is upheld.

Tents: They will be allowed in the very top sections of the stands, they will also be allowed in the grassy fields.

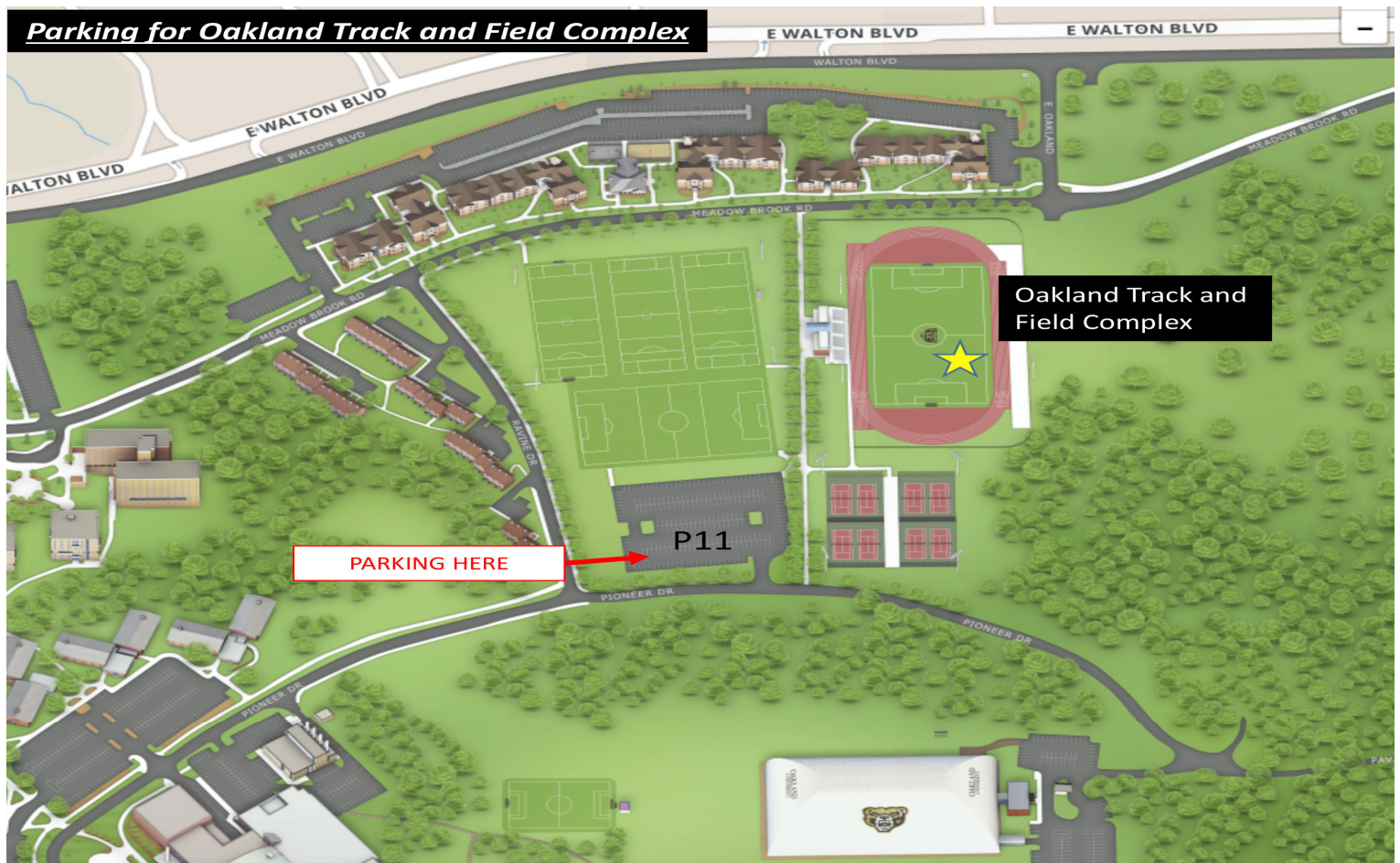
Other Items of Interest: Blocks & (batons will be provided, for practice please provide your own). No needle or pin spikes, 1/4" pyramids only. Tape or chalk only for relay marks.

Packet pick up will be at Oakland University 569 Pioneer Drive, Rochester Hills, MI 48309 8:00A.M. until 2:00P.M. each day.

Advancement to the USATF National Junior Olympic Track & Field Championships July 24 - 30, 2023, Hayward Field, Eugene Oregon. Individual/Relay events: Top five finishers in each individual/relay event qualify for advancement. Combined events: Top two finishers as well as any other athlete who meets the performance standard at the Regional meet. Qualifiers must sign up on [Athletic.net](https://athletic.net) for the National meet. You must be 7 years old in the calendar year to compete in that age group.

LODGING: Go to www.michigan.usatf.org for list of hotels and distance to Oakland University.

For meet information and changes go to www.michigan.usatf.org or email us at jdevose@yahoo.com or sjon91@yahoo.com
Or Call Jacqueline DeVose (313)623-3029 M-F 10am – until 5pm.



Directions

Directions to the [Elaine Leigh Track & Field Complex](#) (758 Pioneer Dr, Rochester, MI, 48309)

From I-75 (North or South)

I-75 to Exit 79 (University Drive)
 East about one mile to Squirrel Road
 Continue straight on to Oakland University campus
 Take the second exit (to the left) in the traffic circle
 Continue along Meadow Brook Road; Oakland Track & Field Complex will be on the right

From Telegraph Road

Telegraph Road to Square Lake Road
 To I-75 North
 Exit 79 (University Drive)
 East about one mile to Squirrel Road
 Continue straight on to Oakland University campus
 Take the second exit (to the left) in the traffic circle
 Continue along Meadow Brook Road; Oakland Track & Field Complex will be on the right

From M-59 (East or West)

M-59 to Squirrel Road Exit
 North on Squirrel Road about three miles
 Turn right at University Drive to enter Oakland University campus
 Take the second exit (to the left) in the traffic circle
 Continue along Meadow Brook Road; Oakland Track & Field Complex will be on the right

2023 USATF Region 5 Junior Olympic Championships
Oakland University, Rochester Hills, Michigan 48309

Friday 7, 2023

12:00 PM -15/16 Boys/17/18 Young Men's Decathlon
12:30 PM -15/16 Girls/Young Women Heptathlon
12:45 PM -13/14 Girls/Boys Pentathlon
1:15 PM -11/12 Girls/Boys Pentathlon
1:30 PM - 9/10 Girls/Boys Triathlon

(100m, Long Jump, Shot Put, High Jump, 400m)
(100 Hurdles, High Jump, Shot Put, 200m)
(100m Hurdles, Shot Put, High Jump, Long Jump, 800 G, 1500 B)
(80m Hurdles, Shot Put, High Jump, Long Jump, 800 G, 1500 B)
(Shot Put, High Jump, 200 G, 400 B)

4:00 PM Hammer Throw 15/16 G/B, 17/18 YW/YM

Saturday July 8

8:30 AM 15/16 Boys 17/18 YM Decathlon
110 Hurdles, Discus Throw, Pole Vault, Javelin, 1500m Run
8:30 AM 15/16 G 17/18 YW Heptathlon
Long Jump, Javelin Throw, 800 M Run

9:30 AM - Field Events

Triple Jump (13/14 B - 15/16 B - 17/18 YM)
Long Jump (11/12 G - 13/14 G - 15/16 G - 17/18 W)

10:00 AM Field Events

Pole Vault (13/14 G - 13/14 B)
High Jump (9/10 G - 9/10 B - 11/12 G)
Shot Put (13/14 G - 15/16 G - 17/18 YW)
Discus Throw (15/16 B - 17/18 M)
Javelin (Turbo) (8 & U G - 8 & U B - 9/10 G - 9/10 B)
Javelin (Aero) 11/12 B & G Follows Turbo Javelin

10:00 AM - Running Events

4 x 800 m Relay Final (11/12 B/G - 13/14 B/G - 15/16 B/G - 17/18 M/W)
110m Hurdles Semi Finals (15/16 B - 17/18 M)*
100m Hurdles Semi Finals (17/18 W - 15/16 G - 13/14 B - 13/14 G)*
80m Hurdles Semi Finals (11/12 G - 11/12 B)*
100m Dash Semi Finals (All age groups)*

*** (If less than 8 competitors event will be run as final in the semifinal time slot)**

1:00 PM Running Events

110m Hurdles Final (15/16 B - 17/18 M)
100m Hurdles Final (17/18 W - 15/16 G - 13/14 B - 3/14 G)
80m Hurdles Final (11/2 G - 11/12 B)
100m Dash Final (All age groups)
1500m Run Final (All age groups)
400m Dash Final (All age groups)
4 x 100m Relay Final (All age groups)

1:00 PM Field Events

Pole Vault (15/16 G - 17/18 YW)
High Jump (15/16 B - 17/18 M)
Long Jump (9/10 G - 9/10 B - 11/12 B)
Shot Put (8 & U G - 9/10 G - 11/12 G)
Discus Throw (11/12 B - 13/14 B)
Javelin Throw (13/14 G - 15/16 G - 17/18 YW)

Sunday July 9

10:00 AM - Field Events

Triple Jump (17/18 W - 15/16 G - 13/14 G)
Long Jump (8 & U G - 8 & U B)

10:00 AM - Walking Events

1500m Racewalk 9/10 G - 9/10 B - 11/12 G - 11/12 B
3000m Racewalk 13/14 GB - 15/16 G/B - 17/18 W/M

10:30 AM Field Events

Pole Vault (15/16 B)
High Jump (13/14 G - 15/16 G - 17/18 YW)
Shot Put (17/18 YM - 15/16 B)
Discus Throw (17/18 YW - 15/16 G)

10:45 AM Running Events

3000m Run Final (11/12 B/G - 13/14 B/G - 15/16 G - 17/18 YW/YM)
200m Dash Semi Finals (All age groups)*
2000m Steeplechase Final 15/16 B/G - 17/18 YW/YM

*** (If less than 8 competitors event will be run as final in the semifinal time slot)**

12:30 PM Running Events

200m Hurdles Final (13/14 B - 13/14 G)
400m Hurdles Final (15/16 G - 17/18 YW - 15/16 B - 17/18 YM)
800m Run Final (All age groups)
200m Dash Final (All age groups)
4 x 400m Relay Final (All age groups)

1:00 PM Field Events

Pole Vault (17/18 YM)
High Jump (11/12 B - 13/14 B)
Long Jump (13/14 B - 15/16 B - 17/18 YM)
Shot Put (8 & U B - 9/10 B - 11/12 B - 13/14 B)
Discus Throw (11/12 G - 13/14 G)
Javelin Throw (13/14 B - 15/16 B - 17/18 YM)

Athletes in the 100m, 200m, 400m, 800m, 100/110 & 200/400 hurdles must check in with the Clerk of Course no later than twenty (20) minutes after check in announcement has been made. Failure to do so will result in the athlete's elimination from the event.

Throwers may use individual implements provided they have been certified by the Meet Implement Inspectors. Please pay attention to announcements.