

2026 USATF NEBRASKA ASSOCIATION JUNIOR OLYMPICS CHAMPIONSHIPS (Regional Qualifier)



JUNE 17- 20



GRETNA HIGH SCHOOL, GRETNA, NE

MEET GUIDE

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AGE DIVISIONS

AGE DIVISION	BIRTH YEAR
8 & Under	2018+
9-10	2016-2017
11-12	2014-2015
13-14	2012-2013
15-16	2010-2011
17-18	2008-2009

ELIGIBILITY REQUIREMENTS

Individuals

- All athletes must be current USATF members and be in good standing.
- Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete.
- Competitors must compete in their own age division; no “moving up” in events, including relays.
- Event limits:
 - 8–12 → max 3 events (including relays)
 - 13–18 → max 4 events (including relays)
- Combined events do not count towards event limits.

Relays

- Only registered USATF member clubs may enter relay team(s).
- All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.
- Visit [USATF membership webpage](#) for more information.

DATE OF BIRTH (DOB) VERIFICATION

- USATF National Championships require that the registrants are date-of-birth (DOB) verified. For full details on the submission process and requirements, please see the [USATF Date of Birth Verification Policy web page](#).
- Documents submitted for DOB verification must be received no later than five business days prior to the registration deadline of the event. Verification may take up to five business days.
- DOB verification will not be accepted by nor uploaded by USATF National Office. Procedures for submitting these documents must be adhered to. There are no exceptions.
- If a document is incomplete, it will be invalidated and not processed. Invalidated documents will not result in an extension of the submission deadline for resubmission.
- Valid documents will remain a permanent part of the member profile and will not require re-submission.

ATHLETE ENTRY INSTRUCTIONS

After confirming eligibility and ensuring the athlete is a DOB verified USATF member, please follow these steps to register an athlete:

1. **Review Registration Links & Deadlines:**

- Link: <https://www.athletic.net/TrackAndField/meet/668087/register>
 - Registration Opens: June 1, 2026
 - Registration Closes: June 15, 2026
 - Note: late entries will not be accepted
2. **Verify Data**
 - Ensure all names, birthdates, events, and team affiliations are correct in Athletic.net before submission
 3. **Check Entry Fees**
 - Individual Events: \$10
 - Relays: \$ 40
 - Triathlon/Pentathlon \$14
 - Decathlon/Heptathlon \$20
 - Replacement Bibs: \$20
 4. **Sign Waiver**
 - All participating athletes must complete the participant waiver and release form on the registration site.
 5. **Payment**
 - Team entries: pre-authorization of a credit card required
 - Unattached athletes: immediate payment required

Need Help?

- [Team entries support article](#)
- [Individual entries support article](#)

COACHING CREDENTIALS

To coach at a USATF Championship, coaches must be a member of the [USATF Coaches Registry](#).

Review all steps below and ensure you and your team meet all requirements prior to arrival.

To join the registry and secure your coach credential, please follow the instructions through your USATF Connect profile:

1. Maintain a current adult [USATF membership](#).
2. Pass the [USATF background screen](#) (allow 10 business days for processing).
3. Successfully complete the [U.S. Center for SafeSport Training](#) course.
4. List your current coaching affiliation on your membership profile.
5. Fulfill the [Education Standard](#) and submit your verification application.

SCHEDULE (Subject to change)

Wednesday, June 17, 2026

Combined Events

- Decathlon Day 1 Start Time 3:30pm
- Heptathlon Day 1 Start Time 4:00pm
- Triathlon Start Time 4:45pm
 - Multi Start times are approximate, they may move ahead of schedule by mutual agreement of the athletes

Approx. Start	Decathlon	Heptathlon	Triathlon
3:30	100m		
3:45			
4:00		100m	
4:15	Long Jump		
4:30			
4:45		High Jump	Shot Put
5:00	Shot Put		
5:15			
5:30		Shot Put	High Jump
5:45	High Jump		
6:00			
6:15		200m	200m
6:30	400m		400m

Thursday June 18, 2026

Combined Events

- Decathlon Day 2 Start Time 3:30pm
- Heptathlon Day 2 Start Time 3:30pm
- Pentathlon Start Time 3:30pm
 - Multi Start times are approximate, they may move ahead of schedule by mutual agreement of the athletes

<u>Start</u>	<u>Decathlon</u>	<u>Heptathlon</u>	<u>Pentathlon</u>	<u>Throws</u>	<u>Steeple</u>	<u>Racewalk</u>
3:00						All ages
3:15						
3:30	110m H	Long Jump	80m/100m H	All Hammer		
3:45						
4:00					13-14	
4:15	Discus	Javelin	High Jump		15-18 G	
4:30					17-18 B	
4:45					Masters	
5:00	Pole Vault	800m	Shot Put			
5:15						
5:30						
5:45	Javelin		Long Jump			
6:00						
6:15			800m (G)			
6:30	1500m		1500m (B)			

Friday June 19, 2026

Start Time Track Events Rolling Schedule

4:00pm

800m Finals

8U Girls then Boys
9-10 Girls then Boys
11-12 Girls then Boys
13-14 Girls then Boys
15-16 Girls then Boys
17-18 Women then Men
Masters Women then Men

80m/100m/110m Hurdles Prelims

(if there are not more than 8 in an event there will be no final on Saturday)

Masters athletes will be added at their respective distances and hurdle heights

80m G/B 11-12
100m G/B 13-14
100m G 15-16,17-18
110m B 15-16,17-18

100m Prelims

(if there are not more than 8 in an event there will be no final on Saturday)

8U Girls then Boys
9-10 Girls then Boys
11-12 Girls then Boys
13-14 Girls then Boys
15-16 Girls then Boys
17-18 Women then Men
Masters Women then Men

3000m (Groups May Be Combined)

4 x 100m Relay Finals

Field Events

<u>5:00pm Start Time with Rolling Schedule</u>		
Triple	Discus	High Jump 2-Pits
All Girls	North Ring Girls 11-12, 13-14, 15-16 17-18	Pit 1, Boys 9-10, 11-12, 13-14
All Boys	South Ring Boys 11-12, 13-14, 15-16 17-18	Pit 2, Girls 9-10, 11-12, 13-14

Saturday, June 20, 2026

Start	Track Events	Rolling Schedule (Groups May Be Combined)
9:00am	1500m Finals	(Groups Will Be Combined)
	80m/100m/110m Hurdles Finals	(as needed)
	80m G/B	11-12
	100m G/B	13-14
	100m G	15-16, 17-18
	110m B	15-16, 17-18
	100m Finals	(as needed)
	8U Girls then Boys	
	9-10 Girls then Boys	
	11-12 Girls then Boys	
	13-14 Girls then Boys	
	15-16 Girls then Boys	
	17-18 Women then Men	
	Masters Women then Men	
	4 x 800m Finals	(Groups Will Be Combined)
	400m Finals	
	8U Girls then Boys	
	9-10 Girls then Boys	
	11-12 Girls then Boys	
	13-14 Girls then Boys	
	15-16 Girls then Boys	
	17-18 Women then Men	
	Masters Women then Men	
	200m Hurdle Finals	13-14 Girls then Boys
	400m Hurdle Finals	
	15-16 Girls, 17-18 Women & Masters Women	
	15-16 Boys, 17-18 Men & Masters Men	
	200m Dash Finals	
	8U Girls then Boys	
	9-10 Girls then Boys	
	11-12 Girls then Boys	
	13-14 Girls then Boys	
	15-16 Girls then Boys	
	17-18 Women then Men	
	Masters Women then Men	
	4 x 400m Relay Finals	(Groups Will Be Combined)

Saturday Field Events

8:30am Rolling Schedule, 11:30am Pole Vault

Long Jump	
Pit 1 - Girls	Pit 2 - Boys
8-Under	8-Under
9-10	9-10
11-12	11-12
13-14	13-14
15-16	15-16
17-18	17-18

High Jump	
Pit 1 - Girls	Pit 2 - Boys
15-16	15-16
17-18	17-18

Shot Put	
Pit 1 - Girls	Pit 2 - Boys
8-Under	8-Under
9-10	9-10
11-12	11-12
13-14	13-14
15-16	15-16
17-18	17-18

Javelin Girls followed by Boys
17-18 & Masters
15-16
13-14
11-12
9-10
8 & Under

Pole Vault - 11:30 Groups May Combined
13-14
15-16
17-18 and Masters

BIB NUMBERS

- Bib Pick Up Location: Team Room South of the Press Box
- Bib Pick Up Times: Competition Days: one hour before competition until the days events are completed
- Replacement Fee: \$20
- All athletes must wear their assigned bib numbers during competition
- Bibs must be worn on the front of the jersey only

IMPLEMENT WEIGH-IN

- Times: Prior to Field events each day
- Location: Team room south of the pressbox.

EVENT CHECK-IN

- Running Event Check-In Location: Check in and Hipping are in the fenced area on the south end of the concourse.
- Field Event Check-In Location: At the event
- Check in 30 minutes prior to the scheduled starting time
- All athletes will be required to remain in the designated warm-up areas after checking in.

RELAY INFORMATION

- Members of Relay Teams must wear a top of the same color as well as shorts of the same color or matching body suits.
- Relay teams must provide their own batons

RESULTS

Can be found:

- Online: results.blacksquirreltiming.com

PROTESTS

- Fee: \$50
- Must be submitted within 30 minutes of the announced results.
- Protest fee will be refunded if the protest is upheld.

AWARDS

USATF Nebraska medals will be awarded to the top eight individuals and top eight relay teams in each event of each age division.

ADVANCEMENTS

Association → Regional

- The top 8 individuals and relay teams in each event and age division will advance to the USATF Region 8 Championships.
 - Date: July 9-12, 2026
 - Location: Gretna High School, Gretna, Nebraska
- Advancements must be declared online at:
<https://www.athletic.net/TrackAndField/meet/669237/register>
 - Declarations open:
 - Date: 6/22/26
 - Time: 12:01AM
 - Declarations close:
 - Date: 7/6/26
 - Time: 10:00 PM

Regional → National

- The top 5 individuals and relay teams in each event and age division, and the top 2 athletes in each combined event and age division at the Region 8 Championships will advance to the USATF 2026 USATF National Junior Olympic Track & Field Championships.
 - Date: July 27 - August 2, 2026
 - Location: Norwalk, California

DIRECTIONS & PARKING

- Venue: Gretna High School, 11335 S. 204th St. Gretna, NE 68028
- Directions: From I-80, take the HWY 370 exit (Exit #439). Head west on HWY 370 and turn left onto 204th St. Turn Left into the parking lot.
- Parking: Open parking is available in all Gretna High School lots. If parking off campus, in the neighborhood be mindful of driveways, fire hydrants and posted no parking areas.
- Please there is no parking on the access road between the practice area and the javelin runway.

ADMISSION FEES

- Admission: \$5 daily
- Children Under Age 3: Free
- Payable by Cash or Venmo

VENUE POLICIES

- Tents may only be placed in the stands on the east side of the stadium.
- No tents or umbrellas are allowed in the west bleachers.
- SafeSport policies will be enforced. No parents or non-athletes will be allowed in competition areas.
- Coaches need to remain in coach's boxes at field events and have a coach's wristband.
- No coaches or athletes will be allowed on the infield.
- The provided warm-up area is for athletes and coaches with credentials only.
- The hiping/check-in area is for athletes only.
- No Pets (Service animals will be permitted)

SAFESPORT POLICY

Learning of information or reasonably suspecting bullying, hazing, physical or emotional misconduct, or other violations of the [MAAPP](#) report directly to USATF.

- Call: 317-713-4688
- Text: (833) 9-USATF (987-2834)
- Email: usatfsafesport@usatf.org

Learning of information or reasonably suspecting child abuse, child sexual abuse, sexual misconduct involving adults and/or minors, or criminal sexual charges report to the U.S. Center for SafeSport.

- Call: 833-5US-SAFE (587-7233)
- Report Online: uscenterforsafesport.org/report-a-concern

All Adult Participants are required to report allegations of sexual misconduct or child abuse immediately to local law enforcement and/or CPS as well as the U.S. Center for SafeSport.

CONCESSIONS

- Light Concessions will be available on Wednesday and Thursday.
- Full concessions will be available on Friday evening and all day Saturday.

SOCIAL

We encourage you to share your favorite meet day moments. Be sure to tag @usatf in your posts.

CONTACT INFORMATION

- Name: Wade Lanum
- Email Address: youth@nebraska.usatf.org