



2023 Region 10 Junior Olympic Track and Field Championships

July 6-9, 2023

Nusenda Community Stadium
1601 Arroyo Vista Blvd NW
Albuquerque, NM 87120

www.newmexico.usatf.org

Sanction: [USATF 2023 Competition Rules](#) Apply.
Eligibility: All athletes 18 years or younger* who qualified through the appropriate association championship
2023 USATF membership required. USATF membership applications are available online at www.usatf.org/membership . Age verification requirements apply.

Please Note: Age groups are based on year of birth, not age on the day of event. See list below:

Age Group/	8 & Under	2015+*	3 events
Limitations:	9-10	2013-2014	3 events
(does not	11-12	2011-2012	3 events
include Multi)	13-14	2009-2010	4 events
	15-16	2007-2008	4 events
	17-18	2005-2006**	4 events

**Athletes must be at least 7 years of age on December 31 of the current year to compete in the National Junior Olympic Championships. Athletes younger than 7 may compete at regionals but WILL NOT be eligible to advance.*

*** Athletes who are 18 may compete as long as they will not turn 19 before the end of the 2023 JO National Track Meet. However, athletes who will be 18 the day of competition must complete Safesport Training in order to compete.*

Meet Director: Tasha Boyden tasha_boyden@yahoo.com
Entries: **Register online at** www.athletic.net beginning Monday, June 26, 2023 *after your association has uploaded their advancers file
Entry Fee: \$9 per event, \$36 per relay, \$17 per Pentathlon/Triathlon, \$22 per Decathlon/Heptathlon
Entry Deadline: July 3, 2023, 9:00pm MDT

STEEPLECHASE, AND HAMMER THROW ATHLETES MUST REGISTER FOR THEIR ASSOCIATION MEETS AND THE REGION 10 MEET; HOWEVER, DUE TO FACILITY CONSTRAINTS THESE EVENTS WILL NOT BE CONTESTED. ADVANCEMENT TO NATIONALS WILL BE DETERMINED BY A POLICY PUT IN PLACE BY THE NATIONAL YOUTH COMMITTEE

NO LATE OR RACE DAY ENTRIES

Awards: Medals for 1st through 5th place.

Qualifying from Region 10 to JO Nationals:

- 1st through 8th place finishers in individual and relay events
- 1st -4th place in multi events

will qualify to advance to the JO Championships to be held July 24 – July 30 in Eugene, OR. *No alternates.*

Please see www.usatf.org for more JO Championships information.

Packet Pick-up will be at the track.

3:15pm-9pm Thursday
3:15-9pm Friday
7:00-4pm Saturday
7:00-noon Sunday.

Coaches Meeting Friday, July 7, at 8:00pm; at the track**PROTESTS:**

Protests must be made in writing in accordance with Rule 146 and must be accompanied by a \$100 cash deposit which will be forfeited unless the protest is upheld. After certification of each race, awards will be given. Each day's event results will be emailed via athletic.net and posted at www.newmexico.usatf.org by 11:59pm of that day with full results posted at the same location by 11:59pm, July 9, 2023.

SPECIAL CONCERNS:

Coach Access: No verification is required. Coach access will be the same as spectator access.

Tents: Team tent area will be in the parking lot east of the stadium as designated on the map. No tents in the stands. We get wind in the afternoons, especially on the west side. Please bring tie downs and weights or sandbags as appropriate to anchor your tent.

Warm up Areas: There is a packed dirt straight away leading to dirt trails east of the stadium as well as a paved access road south of the team tent area and the stadium for running warm ups. Throws warm ups (with implements) are restricted to the areas marked for those events and times dedicated to warm ups. There must be an official present for athletes to throw and implement whether in competition or warm up.

Stands/Spectators: Personally held umbrellas may be used while being considerate and respectful of spectators behind or near you. No tents in the stands.

Concessions: For convenience, a concession stand will be available inside the stadium and there will be a food truck outside. Athletes/ teams are welcome to have their own coolers for waters, gatorades, snacks, etc. in the designated team tent area.

Event merchandise: Fine Designs will be on site, near the main front entrance, with items available for purchase.

Press: Press and media access will be the same as general spectator access.

FACILITY RULES, POLICIES AND GUIDELINES

- Smoking/use of tobacco is prohibited on all APS property including parking lots and restrooms.
- Alcohol and cannabis are prohibited on all APS property including parking lots and restrooms.
- No open flames, grills, or cooking allowed on APS property.
- Pets are not allowed on APS property. Service dogs/animals are allowed with proof of service.
- Skateboards, roller skates, or bicycles are not allowed in APS district facilities.
- Sunflower seeds and other shell nuts are not allowed to be consumed on the artificial turf areas.
- Bags and/or backpacks may be searched at any time at the discretion of APS Police or APS Event Staff.

THURSDAY, 6 JULY 2023

COMBINED EVENTS SCHEDULE - THURSDAY

IMPLEMENT WEIGH-IN STARTS AT 3:15 PM ON THURSDAY.

DECATHLON (15-16, 17-18 Boys) <ul style="list-style-type: none">• 100m• Long Jump• Shot Put• High Jump• 400m	4:00 PM
PENTATHLON (13-14 Boys) <ul style="list-style-type: none">• 100m Hurdles• Shot Put• High Jump• Long Jump• 1500m	4:10PM
PENTATHLON (13-14 Girls) <ul style="list-style-type: none">• 100m Hurdles• Shot Put• High Jump• Long Jump• 800m	4:20 PM
HEPTATHLON (15-16, 17-18 Girls) <ul style="list-style-type: none">• 100m Hurdles• High Jump• Shot Put• 200m	4:30 PM

FRIDAY, 7 JULY 2023

COMBINED EVENTS SCHEDULE - FRIDAY

IMPLEMENT WEIGH-IN STARTS AT 3:15 PM ON FRIDAY.

DECATHLON (15-16, 17-18) <ul style="list-style-type: none">• 110m Hurdles, Discus, Pole Vault, Javelin, 1500m	4:00 PM
TRIATHLON (9-10 Girls) <ul style="list-style-type: none">• Shot Put, High Jump, 200m	4:00 PM
PENTATHLON (11-12 Boys) <ul style="list-style-type: none">• 80m Hurdles, Shot Put, High Jump, Long Jump, 1500m	4:10 PM
HEPTATHLON (15-16, 17-18) <ul style="list-style-type: none">• Long Jump, Javelin, 800m	4:00 PM
PENTATHLON (11-12 Girls) <ul style="list-style-type: none">• 80m Hurdles, Shot Put, High Jump, Long Jump, 800m	4:20 PM
TRIATHLON (9-10 Boys) <ul style="list-style-type: none">• Shot Put, High Jump, 400m	4:00 PM

TRACK EVENTS SCHEDULE - FRIDAY

3000M Race Walk <ul style="list-style-type: none">• Girls then Boys	FINAL	6:15 PM
1500M Race Walk <ul style="list-style-type: none">• Girls then Boys	FINAL	7:15 PM

FIELD EVENTS SCHEDULE - FRIDAY

(ALL FIELD EVENTS ON A ROLLING SCHEDULE BEGINNING AS NOTED)

Javelin (1 Pit) <ul style="list-style-type: none">• Girls (15-16)• Boys (15-16)• Young Women (17-18)• Young Men (17-18)	4:00 PM
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SATURDAY, 8 JULY 2023

7:45 AM FIRST CALL, 8:00 AM START
ALL EVENTS ON A ROLLING SCHEDULE

TRACK EVENTS SCHEDULE - SATURDAY

EVENTS RUN YOUNGEST TO OLDEST, GIRLS TO BOYS, EXCEPT IN SOME DISTANCE AND HURDLE EVENTS.

3000m RUN	FINAL
110m/100m/80m HURDLES	PRELIM/FINAL
100m DASH	PRELIM/FINAL
800m RUN	FINAL
4x100m RELAY	PRELIM/FINAL
400m DASH	PRELIM/FINAL
4x800 RELAY	FINAL
400m/200m HURDLES	PRELIM/FINAL
200m DASH	PRELIM/FINAL
4x400m RELAY	PRELIM/FINAL

RUNNING EVENTS WILL NOT BE ROLLED OVER; IF WE HAVE 8 ATHLETES OR RELAY TEAMS AND 8 LANES AVAILABLE, THE FINALS WILL BE HELD IN THE PRELIMS TIME SLOT. ATHLETES MUST BE READY TO RUN WHEN REPORTING FOR PRELIMS.

FIELD EVENTS SCHEDULE - SATURDAY

IMPLEMENT WEIGH-IN STARTS AT 7:15 AM ON SATURDAY.

Pole Vault (1 Pit) <ul style="list-style-type: none">Girls (13-14, 15-16, 17-18)Boys (13-14, 15-16, 17-18)	8:00 AM
High Jump (1 Pit) <ul style="list-style-type: none">Young Women (17-18)Young Men (17-18)Girls (15-16)Boys (15-16)Girls (13-14)Boys (13-14)	8:00 AM
Long Jump (Girls Pit) <ul style="list-style-type: none">Girls (8 & Under)Girls (9-10)Girls (11-12)Girls (13-14)Girls (15-16)Young Women (17-18)	8:00 AM
Long Jump (Boys Pit) <ul style="list-style-type: none">Boys (8 & Under)Boys (9-10)Boys (11-12)Boys (13-14)Boys (15-16)Young Men (17-18)	8:00 AM
Shot Put (Girls Ring) <ul style="list-style-type: none">Girls (8 & Under)Girls (9-10)Girls (11-12)Girls (13-14)Girls (15-16)Young Women (17-18)	8:00 AM
Shot Put (Boys Ring) <ul style="list-style-type: none">Boys (8 & Under)Boys (9-10)Boys (11-12)Boys (13-14)Boys (15-16)Young Men (17-18)	8:00 AM
Javelin/ Aero Jav/ Mini Jav (Infield) <ul style="list-style-type: none">Girls (13-14)Boys (13-14)Girls (11-12)Boys (11-12)Girls (9-10)Boys (9-10)Girls (8 & Under)Boys (8 & Under)	8:00 AM

SUNDAY, 9 JULY 2023

7:45 AM FIRST CALL, 8:00 AM START

TRACK EVENTS SCHEDULE - SUNDAY

(ALL TRACK EVENTS ON A ROLLING SCHEDULE)

EVENTS RUN YOUNGEST TO OLDEST, GIRLS TO BOYS, EXCEPT IN SOME DISTANCE AND HURDLE EVENTS.

ATHLETES PARADE	7:30 AM
1500m RUN	FINAL
110m/100m/80m HURDLES	FINAL
100m DASH	FINAL
4x100m RELAY	FINAL
400m DASH	FINAL
400m/200m HURDLES	FINAL
200m DASH	FINAL
4x400m RELAY	FINAL

FIELD EVENTS SCHEDULE - SUNDAY

(ALL FIELD EVENTS ON A ROLLING SCHEDULE BEGINNING AS NOTED)

Triple Jump (Girls Pit) <ul style="list-style-type: none">• Girls (13-14)• Girls (15-16)• Young Women (17-18)	8:00 AM
Triple Jump (Boys Pit) <ul style="list-style-type: none">• Boys (13-14)• Boys (15-16)• Young Men (17-18)	8:00 AM
High Jump (1 Pit) <ul style="list-style-type: none">• Girls (9-10)• Boys (9-10)• Girls (11-12)• Boys (11-12)	8:00 AM
Discus (1 Cage) <ul style="list-style-type: none">• Young Women (17-18)• Young Men (17-18)• Girls (15-16)• Boys (15-16)• Girls (13-14)• Boys (13-14)• Girls (11-12)• Boys (11-12)	8:00 AM