

**2023 USATF North Carolina Association  
Junior Olympic Track & Field  
Championships**



**Durham County Stadium  
June 23 - 25, 2023  
Meet Director: James Carter  
Email: [youth@northcarolina.usatf.org](mailto:youth@northcarolina.usatf.org)**

# 2023 USATF North Carolina Association Junior Olympic Track & Field Championships

- Online Entries Open:** Wednesday May 30, 2023 at Noon  
**Online Entries Close:** Monday June 19, 2023 at Noon  
**Late Entry Fee:** \$50.00
- AGE VERIFICATION DEADLINE:** JUNE 14, 2023 at 5:00pm. The Entry System will only update your roster with athletes registered on USATF with completed age verification. Age verification documents should be provided to:  
**Katherine Branch**  
**North Carolina Association**  
**PO Box 224 Garner, NC 27529**  
[membership@northcarolina.usatf.org](mailto:membership@northcarolina.usatf.org)  
**919-772-0910 ~ Mon-Fri 9am-5pm**
- Region III Championships will be held at Durham County Stadium, July 7-9, 2023. More information to follow.
- COACHES:** Final list for coaches' background check will be printed June 16, 2023. If your background check/SafeSport certification is not completed prior to June 16th, you will not receive complimentary admission for Association Championships.
- Volunteers will be needed for Issuing awards, Assist with field events and Hospitality. If you or club members would like to volunteer, send an email to the Meet Director indicating what area(s) and what day/time you/they are available.
- Packet Pickup:** Please send a responsible adult to pick up team packets. Meet management will NOT give individual bibs/armbands. No Exceptions.
- Spectator Admission: 10yr & up - \$5 per day Seniors 65y & up - \$4 per day  
3 Day Admission - \$12

**James Carter**  
**USATF North Carolina Association Youth Chair**  
Email: [youth@northcarolina.usatf.org](mailto:youth@northcarolina.usatf.org)

# 2023 USATF North Carolina Association Junior Olympic Track & Field Championships

June 23 - Sunday, June 25, 2023

Durham County Stadium

## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

8 & under (born 2014 +)  
9 - 10 (born 2012-2013)  
11 - 12 (born 2011-2010)  
13 - 14 (born 2008-2009)  
15 - 16 (born 2007-2006)  
17 - 18 (born 2004-2005)

\*Athletes born in 2003 are also eligible if they do not turn 19 on or before 7/25/2023

**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 2023 members of USATF in good standing.

**Relay Teams:** Only registered 2023 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](http://www.usatf.org/membership).

### ENTRY PROCESS:

Individual Entries: **\$8.00** per event  
Relay Entries: **\$32.00** per relay team  
Decathlon/Heptathlon: **\$15.00** per event  
Triathlon/Pentathlon: **\$10.00** per event

Club Administrators and Unattached Athletes should register online at ([direct Athletic.net registration link here](#)) by **June 19th, 2023 at 12pm**. **Late entries will incur a \$50.00 Fee**. Online registration opens **May 30<sup>th</sup>, 2023**. **Pre-authorization of a credit card will be required for team entries and unattached entries will require immediate payment**. Accuracy of data entered is the responsibility of each club and/or athlete. Please verify team and athlete data within Athletic.net for accuracy prior to submitting entries. Links to help documents with step-by-step instructions:

-Submitting Team Entries: [Link here](#)

-Registering as an Individual: [Link here](#)

### DATE OF BIRTH VERIFICATION

USATF National Championships require that the registrants are date-of-birth verified. Members are mandated to upload/submit their birth date verification document when completing their membership profile on the USATF Connect system. **AGE VERIFICATION DEADLINE: JUNE 14, 2023, at 5:00pm**. **The entry system will only update your roster with athletes registered on USATF with completed age verification.**

# 2023 USATF NORTH CAROLINA ASSOCIATION JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

Durham County Stadium – Durham, NC June 23 - 25, 2023

## TENTATIVE SCHEDULE

### Friday

#### COMBINED EVENTS

**9:00am** 9-10 G&B Triathlon  
Shot Put (6lb)  
High Jump  
200m/400m Dash 9-10G / 9-10B

**10:00am** 11-12 B&G Pentathlon  
80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
800m Girls / 1500m Boys

**10:30am** 13-14 B&G Pentathlon  
100m Hurdles (13-14G 30"/13-14B 33")  
Shot Put (6lb 13-14G / 4 kg 13-14B)  
High Jump  
Long Jump  
800m Girls / 1500m Boys

*Will be advanced to Regional Women's Heptathlon*

*Will be advanced to Regional Men's Decathlon*

*Will be advanced to Regional All Hammer Throw*

*1. ALL implements will be provided. No personal implements.*

*2. Meet may run up to 30 minutes ahead of schedule.*

*3. Check-in 45 minutes prior to scheduled event.*

*4. Top-8 will advance to finals in all event*

#### RUNNING EVENTS

##### 2000m Steeplechase

8:30am 15-16G / 17-18W (30")

9:00am 15-16B / 17-18M (36")

##### 9:30am All 4x800m Relays

##### Race Walks (Finals)

10:45am 3000m ALL Ages and Genders

11:15am 1500m ALL Ages and Genders

##### 800 Meters Finals

2:00pm ALL Divisions

#### FIELD EVENTS

##### Javelin

12:00pm 15-16B (800g) / 17-18M (800g)

1:30pm 15-16G (600g) / 17-18W (600g)

2:30pm 13-14G (600g)

3:30pm 13-14B (600g)

##### Pole Vault

9:00am ALL Divisions

##### Triple Jump

9:00am 13-14G Pit #1 / 13-14B Pit #2

10:00am 15-16G Pit #1 / 15-16B Pit #2

11:00am 17-18W Pit #1 / 17-18M Pit #2

## 2023 USATF NORTH CAROLINA ASSOCIATION JUNIOR TRACK & FIELD CHAMPIONSHIP

### **SATURDAY**

#### **RUNNING EVENTS**

|         |  |
|---------|--|
| 8:00am  | 3000m Run <b>Finals - ALL Divisions</b>    |
| 9:30am  | <b>Short Hurdle Qualifying</b>             |
|         | 80m 11-12B/G (30")                         |
|         | 100m 13-14G (30")                          |
|         | 100m 13-14B/15-16G / 17-18 W (33")         |
|         | 110m 15-16B / 17-18M (39")                 |
| 10:30am | 400m Dash Qualifying- ALL Divisions        |
| 12:00pm | 100m Dash Qualifying- ALL Divisions        |
| 1:30PM  | 200m Dash Qualifying- ALL Divisions        |
| 3:00PM  | Long Hurdle Qualifying                     |
|         | 200mH 13-14B/G (30")                       |
|         | 400mH 15-16G / 17-18W (30")                |
|         | 400mH 15-16B / 17-18M (36")                |
| 3:45pm  | 4x100m Relay <b>Finals - ALL Divisions</b> |

#### **FIELD EVENTS**

##### **Long Jump**

|         |                               |
|---------|-------------------------------|
| 11:00am | 8&U G Pit #1 / 8&U B Pit #2   |
| 1:00pm  | 9-10G Pit #1 / 9-10B Pit #2   |
| 3:30pm  | 11-12G Pit #1 / 11-12B Pit #2 |

##### **High Jump**

|         |                               |
|---------|-------------------------------|
| 9:00am  | 9-10B Pit #1 / 17-18M Pit #2  |
| 11:00am | 11-12B Pit #1 / 15-16B Pit #2 |
| 1:00pm  | 13-14B Pit #2                 |

##### **Shot Put**

|         |                              |
|---------|------------------------------|
| 8:30am  | 8&U B (2kg) / 17-18M (12lb)  |
| 10:30am | 13-14B (4kg) / 15-16B (12lb) |
| 1:00pm  | 9-10B (6lb) / 11-12B (6lb)   |

##### **Discus**

|         |              |
|---------|--------------|
| 9:00am  | 11-12G (1kg) |
| 10:30am | 13-14G (1kg) |
| 12:00pm | 15-16G (1kg) |
| 2:00pm  | 17-18W (1kg) |

##### **Mini-Javelin**

|         |              |
|---------|--------------|
| 9:00am  | 8&U G (300g) |
| 10:30am | 8&U B (300g) |
| 12:00pm | 9-10G (300g) |

|        |                                  |
|--------|----------------------------------|
| 1:30pm | 9-10B (300g)                     |
| 3:00pm | 11-12G (450g AeroJav/FinnFlier)  |
| 4:30pm | 11-12B (450g AeroJav/FinnFlier ) |

### **SUNDAY**

#### **RUNNING EVENTS**

|         |   |
|---------|---|
| 8:00am  | 1500m Run <b>Finals All Divisions</b>     |
| 9:00am  | Short Hurdles <b>Finals All Divisions</b> |
| 9:45am  | 400m Dash <b>Finals All Divisions</b>     |
| 10:30am | 200m Hurdles <b>Finals All Divisions</b>  |
| 10:45am | 400m Hurdles <b>Finals All Divisions</b>  |
| 11:30am | 100m Dash <b>Finals All Divisions</b>     |
| 12:15pm | 200m Dash <b>Finals All Divisions</b>     |
| 1:00pm  | 4x400m Relay <b>Finals All Divisions</b>  |

#### **FIELD EVENTS**

##### **Long Jump**

|        |                               |
|--------|-------------------------------|
| 9:00am | 13-14G Pit #1 / 13-14B Pit #2 |
| 1:00pm | 15-16G Pit #1 / 15-16B Pit #2 |
| 3:30pm | 17-18W Pit #1 / 17-18M Pit #2 |

##### **High Jump**

|         |                               |
|---------|-------------------------------|
| 9:00am  | 9-10G Pit #1 / 17-18W Pit #2  |
| 11:00am | 11-12G Pit #1 / 15-16G Pit #2 |
| 1:00pm  | 13-14G Pit #2                 |

##### **Shot Put**

|         |                             |
|---------|-----------------------------|
| 8:30am  | 8&U G (2kg) / 17-18W (4kg)  |
| 10:30am | 13-14G (6lb) / 15-16G (4kg) |
| 1:00pm  | 9-10G (6lb) / 11-12G (6lb)  |

##### **Discus**

|         |                |
|---------|----------------|
| 9:00am  | 11-12B (1kg)   |
| 10:30am | 13-14B (1kg)   |
| 12:00pm | 15-16B (1.6kg) |

2:00pm

17-18M (1.6kg)

TENTATIVE