



Welcome to the 2013,  
**USATF Central CA Junior Olympic Championship**  
June (21,22, 23) 2013.  
(Friday, saturday, sunday).

21 (tulare western hs) 5pm first event starts.  
22 (tulare western hs) 9am first event starts.  
23 (tulare western hs) 9am first event starts.

\*(Steeple chase, and hammer throw will advance to the region 14 meet).

Register your athlete online at Coach O.  
[http://usatfregistration.com/cgi-bin/login.pl?cd=ca\\_usatfyouth46](http://usatfregistration.com/cgi-bin/login.pl?cd=ca_usatfyouth46)

Tulare Western HS : (824 west maple tulare ca 93274).

**Meet director:**

Tikee Miller  
P.O.Box 70658, Bakersfield CA 93387  
Phone: 661-444-6634 - E-mail: tikeemiller@yahoo.com

Lawrence watson  
Lawrencewatsonus@yahoo.com - 661 3168357

**Regional Director:**

David lawrence - dlaw222@aol.com

*Food service will be available.*

Shirts for sale will be available for purchase.

Spike length: maximum 3/16 pyramid.

**Protest:**

within 30 minutes after result posted. \$50 cash fee, refunded if protest upheld. 2013 rules protest.  
Judgement call by official can not be protested..

Medical service: qualified personnel at each session.  
Local fire and rescue located minutes from stadium.  
Check in: all day long. Event sheet will be pulled 30 minutes before event.  
Race may be run up to 30 minutes before posted time.  
Fees: \$6 per event. \$24 per relay.

**Awards:** top 3 medals.  
(30 minutes after result posted).

Implements: personal implements must be passed by our weight and measure official.  
Bibs: worn on front of jersey (vaulters and high jumper back is ok).  
Hip number: left hip. (Longer distance on front of shirt is ok).

**Stadium rules:**

No alcohol, smoking, glass containers, bbq pit.  
Admission adults \$5, \$3 youth.  
Lost and found :by protest table.

Usatf Memberships Required!\*

\*(get an Usatf membership at [www.central-california.usatf.org](http://www.central-california.usatf.org))

\*New athletes need to verify there age.

Email your 2013 usatf number and birth certificate to Tikee Miller at  
[tikeemiller@yahoo.com](mailto:tikeemiller@yahoo.com) by june 14, 2013.

\*Register for meet at coach o:

How to Register: [http://usatfregistration.com/cgi-bin/login.pl?cd=ca\\_usatfyouth46](http://usatfregistration.com/cgi-bin/login.pl?cd=ca_usatfyouth46)  
You must qualify at this association meet, top 12 advance to the region 14 championship.  
*\*June 16, 2013 will be the cut off date to register for the central ca youth junior olympic championship.*

\* all athletes must print the Usatf waiver form from Coach O (signed by athlete)  
( parent must sign waiver also, if athlete is 17 years and younger) bring the waiver to the meet.

\* Athlete will not be able to participate if they do not have a signed waiver.

Top 12 athletes per event, and top 12 relay teams from each association advance to Region 14 championship.

**Advancement:**

Top 12 from each association to region.

Top 5 from region to national.

Advance online on coach o. Check coach o site the day after the meet.

Age group: (maximum events)

Boys 8 and under (2005 and later)\*(3).

Girls 8 and under (2005 and later)\*(3).

Boys 9 and 10 (2003 to 2004)(3).

Girls 9 and 10 (2003 to 2004)(3).

Boys 11 and 12 (2001 to 2002)(3).

Girls 11 and 12 (2001 to 2002)(3).

Boys 13 and 14 (1999 to 2000)(4).

Girls 13 and 14 (1999 to 2000)(4).

Boys 15 and 16 (1997 to 1998)(4).

Girls 15 and 16 (1997 to 1998)(4).

Boys 17 and 18 (1995 to 1996)\*\*(4).

Girls 17 and 18 (1995 to 1996)\*\*(4).

Division is determine by year of birth of athlete.

\*(2005 and later) must be 7 year by 12/31/2013 to advance to nationals).

\*\* (athletes who are still 18 through the last day of usatf national junior olympic track and field championship can compete.

# SCHEDULE

## *June 21st (friday 2013).*

Packet pick-up:

Csub (9am to 12 noon)

(@ csu bakersfield) 10 am.

### **Hammer Throw:** 10 AM

~~Girls 15 and 16 (1997 to 1998).~~  
~~Girls 17 and 18 (1995 to 1996)\*\*.~~

**Hammer Throw:** (after females).  
~~Boys 15 and 16 (1997 to 1998).~~  
~~Boys 17 and 18 (1995 to 1996)\*\*.~~

### **Steeplechase :** 10 am.

~~Girls 15 and 16 (1997 to 1998).~~  
~~Girls 17 and 18 (1995 to 1996)\*\*.~~

**Steeplechase :** (after females).  
~~Boys 15 and 16 (1997 to 1998).~~  
~~Boys 17 and 18 (1995 to 1996)\*\*.~~

## *June 21st (friday 2013).*

**Packet pick-up:** Tulare western hs (4pm to close).

Events @ Tulare Western HS start at 5pm.

### **Field events:**

#### **Long Jump** (pit 1)

Girls 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.

#### **Long Jump** (pit2)

Boys 15 and 16 (1997 to 1998).  
Boys 17 and 18 (1995 to 1996)\*\*.

#### **Shot Put**

Girls 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.

#### **Shot Put** (after females).

Boys 15 and 16 (1997 to 1998).  
Boys 17 and 18 (1995 to 1996)\*\*.

### **Track events:**

#### **400m trials** (5pm).

All divisions.

#### **4x800m relay.**

Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

**22 (saturday 2013).**

@ tulare western hs.

(Events will be run as finals if no heats are required).

**Field events:**

**Long Jump**

Girls 8 and under (2005 and later). 9am.

Boys 8 and under (2005 and later). 9am.

**Triple Jump 9am.**

Girls 13 and 14 (1999 to 2000).

Boys 13 and 14 (1999 to 2000).

Girls 15 and 16 (1997 to 1998).

Boys 15 and 16 (1997 to 1998).

Girls 17 and 18 (1995 to 1996)\*\*.

Boys 17 and 18 (1995 to 1996)\*\*.

**High Jump 9am.**

Girls 17 and 18 (1995 to 1996)\*\*.

Boys 17 and 18 (1995 to 1996)\*\*.

Girls 15 and 16 (1997 to 1998).

Boys 15 and 16 (1997 to 1998).

Girls 13 and 14 (1999 to 2000).

Boys 13 and 14 (1999 to 2000).

**Pole Vault 9am.**

Boys 13 and 14 (1999 to 2000)

Boys 15 and 16 (1997 to 1998).

Boys 17 and 18 (1995 to 1996)\*\*.

**Javalin 9am.**

Girls 13 and 14 (1999 to 2000)

Boys 13 and 14 (1999 to 2000).

Girls 15 and 16 (1997 to 1998).

Boys 15 and 16 (1997 to 1998).

Girls 17 and 18 (1995 to 1996)\*\*.

Boys 17 and 18 (1995 to 1996)\*\*.

**Shot Put 9am.**

Girls 8 and under (2005 and later)

Boys 8 and under (2005 and later).

Girls 9 and 10 (2003 to 2004).

Boys 9 and 10 (2003 to 2004).

Girls 11 and 12 (2001 to 2002).

Boys 11 and 12 (2001 to 2002).

Girls 13 and 14 (1999 to 2000).

Boys 13 and 14 (1999 to 2000).

**Track events:**

**3000m finals 9am.**

Girls 11 and 12 (2001 to 2002)

Boys 11 and 12 (2001 to 2002).

Girls 13 and 14 (1999 to 2000).

Boys 13 and 14 (1999 to 2000).

Girls 15 and 16 (1997 to 1998).

Boys 15 and 16 (1997 to 1998).

Girls 17 and 18 (1995 to 1996)\*\*.

Boys 17 and 18 (1995 to 1996)\*\*.

**200m trials 9:40am.**

Girls 8 and under (2005 and later).

Boys 8 and under (2005 and later).

Girls 9 and 10 (2003 to 2004).

Boys 9 and 10 (2003 to 2004).

Girls 11 and 12 (2001 to 2002).

Boys 11 and 12 (2001 to 2002).

Girls 13 and 14 (1999 to 2000).

Boys 13 and 14 (1999 to 2000).

Girls 15 and 16 (1997 to 1998).

Boys 15 and 16 (1997 to 1998).

Girls 17 and 18 (1995 to 1996)\*\*.

Boys 17 and 18 (1995 to 1996)\*\*.

**800m finals 11:15am.**

Girls 8 and under (2005 and later).

Boys 8 and under (2005 and later).

Girls 9 and 10 (2003 to 2004).

Boys 9 and 10 (2003 to 2004).

Girls 11 and 12 (2001 to 2002).

Boys 11 and 12 (2001 to 2002).

Girls 13 and 14 (1999 to 2000).

Boys 13 and 14 (1999 to 2000).

Girls 15 and 16 (1997 to 1998).

Boys 15 and 16 (1997 to 1998).

Girls 17 and 18 (1995 to 1996)\*\*.

Boys 17 and 18 (1995 to 1996)\*\*.

**1500m rw finals 12:30pm.**

Girls 9 and 10 (2003 to 2004).

Boys 9 and 10 (2003 to 2004).

Girls 11 and 12 (2001 to 2002).

Boys 11 and 12 (2001 to 2002).

3000m rw finals   **12:30pm.**  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

200m finals.       **1:35pm.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

80mh trials.       **2:00pm.**  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).

100mh trials.       **2:15pm.**  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).

100mh trials.       **2:30pm.**  
Girls 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.

110mh trials.       **2:40pm.**  
Boys 15 and 16 (1997 to 1998).  
Boys 17 and 18 (1995 to 1996)\*\*.

400m finals.       **2:55pm.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

***June 23rd (sunday 2013).***

@ tulare western hs 9am.

**Field events:**

Long Jump  
Girls 9 and 10 (2003 to 2004) 9am.  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).

High Jump  
Girls 9 and 10 (2003 to 2004) 9am.  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).

Pole Vault  
Girls 13 and 14 (1999 to 2000) 9am.  
Girls 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.

MJav  
Girls 8 and under (2005 and later) 9am.  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).

> Discus  
Girls 11 and 12 (2001 to 2002) 9am.  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

**June 23rd (sunday 2013).**

@ tulare western hs 9am.

1500m finals           **9am.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

100m trials           **10:00am.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

200mh finals.       **11:00 am.**  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).

400mh finals.       **11:30am.**  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

4x100m relay finals   **12:00pm.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).

4x100m relay finals   **12:15pm.**  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

80mh finals           **12:30pm.**  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).

100mh finals.       **12:45pm.**  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).

100mh finals       **12:55pm.**  
Girls 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.

110mh finals       **1:15pm.**  
Boys 15 and 16 (1997 to 1998).  
Boys 17 and 18 (1995 to 1996)\*\*.

100m finals.       **1:30pm.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.

4x400m relay finals   **2:00pm.**  
Girls 8 and under (2005 and later).  
Boys 8 and under (2005 and later).  
Girls 9 and 10 (2003 to 2004).  
Boys 9 and 10 (2003 to 2004).  
Girls 11 and 12 (2001 to 2002).  
Boys 11 and 12 (2001 to 2002).  
Girls 13 and 14 (1999 to 2000).  
Boys 13 and 14 (1999 to 2000).  
Girls 15 and 16 (1997 to 1998).  
Boys 15 and 16 (1997 to 1998).  
Girls 17 and 18 (1995 to 1996)\*\*.  
Boys 17 and 18 (1995 to 1996)\*\*.