

Whidbey Island Running Club
2011 Spring/Summer Track Season

As a member team of the USATF (<http://www.usatf.org/>) governing body, and a member of the local Pacific Northwest Association (<http://www.pntf.org/>), WIRC will be participating in the USATF (United States of America Track & Field) sponsored Junior Olympic Program for Track and Field. This USATF organization of track and field meets commands the largest number of participating youth athletes of any T&F championship series for youth in the US. It is the same program that most Olympic level T&F athletes have gone through and the same governing body.

To be able to participate in **any** of the Junior Olympic meets your athlete must be a registered runner with USATF. Many who competed in this series of meets for Cross-Country are already registered. It is an easy and relatively inexpensive (\$20) process to complete online, membership is good for a year and there are other benefits. Go to <http://www.pntf.org/association/membership.html> and select the link for USATF Online Membership Application. Fill out the application as directed. Our club # is 221. That number should bring up our club name.

There are three levels of competition in the Junior Olympic (JO) Track and Field meet series. The first level is the JO Association Meet, the second is the JO Regional Meet, then the JO National Meet. The Association Meet is open to any USATF registered Western Washington runner. No qualifying times/distances are necessary. However, advancement to the Regional Meet (all WA, Oregon, HI, AK, some ID) is determined by place at the Association Meet. Top 8 individuals in each individual event and top 3 teams in each relay race will advance to the Regional Meet. Advancement to the National Meet takes a top 3 finish in any event, individual or relay.

In years past the youngest age group offered in the JO series was a Ten & Under age group. So, 7 & 8's had to go up against much older kids if they wanted to compete. This year however, they finally have added a Sub-Bantams age group all the way through to Nationals!

Age groups are determined by age as of December 31st of the present year. So, if your child is presently 8 years old but will be turning 9 on or before December 31, 2011, then they would be in the 9-10 age group, not the 7-8.

Mini Bantams are 6 & Under (no present age group for them in the JO Championship Series). Sub-Bantams are 7/8 year-olds. Bantams are 9/10 year-olds. Midgets are 11/12 year-olds. Youth are 13/14 year-olds. Intermediates are 15/16 year-olds. Young Men's/Women's are 17/18 year-olds. (Our warm-up squads for practice follow these age groupings to a certain degree.)

The following events are what are offered by age group in the JO Championship Meet series. Mini Jav. is what was developed by the track powers as a safe alternative to the "real" javelin for the kids to get a start on at a young age. The "turbo" javs, if you want to throw them far, must be thrown like a "real" javelin so they develop good technique without the worry of impalement.

SUB-BANTAMS (7/8):

100 M. Dash	4x100 M. Relay
200 M. Dash	Shot Put
400 M. Dash	Long Jump
800 M. Run	1500 M. Run

BANTAM DIVISION (9/10):

100 M. Dash	High Jump
200 M. Dash	Long Jump
400 M. Dash	Shot Put (6lb.)
800 M. Run	Mini Jav. (300g)
1500 M. Run	4x100 M. Relay
1500 M. Race Walk	4x400 M. Relay

MIDGET DIVISION (11/12):

100 M. Dash	High Jump	80 M. Hurdles (30")
200 M. Dash	Long Jump	
400 M. Dash	Shot Put (6lb.)	
800 M. Run	Discus (1 kg)	
1500 M. Run	Mini Jav. (300g)	
3000 M. Run	4x100 M. Relay	4x800 M. Relay
1500 M. Race Walk	4x400 M. Relay	

YOUTH DIVISION (13/14):

100 M. Dash	4x100m Relay	Discus (1kg)
200 M. Dash	4x400m Relay	Pole Vault
400 M. Dash	4x800m Relay	Javelin (600kg)
800 M. Run	100 M. Hurdles (B-33", G-30")	Shot Put (B-4kg, G-6lb.)
1500 M. Run	200 M. Hurdles (30")	Triple Jump
3000 M. Run	High Jump	
3000 M. Race Walk	Long Jump	

INTERMEDIATE DIVISION (15/16):

100 M. Dash	110/100 M. High Hurdles (B-39", G-33")	
200 M. Dash	400 M. Hurdles (B-36", G-30")	
400 M. Dash	High Jump	Javelin (B-800g, G-600g)
800 M. Run	Pole Vault	Hammer (B-12lb, G-4kg)
1500 M. Run	Long Jump	4x800 M. Relay
3000 M. Run	Triple Jump	
2000 M. Steeplechase	Shot Put (B-12lb., G-4kg)	
3000 M. Race Walk	Discus (B-1.6kg, G-1kg)	
4x100 M. Relay	4x400 M. Relay	

YOUNG MEN'S/WOMEN'S DIVISION (17/18):

100 M. Dash	110/100 M. Hurdles (B-39", G-33")	Javelin (as above)
200 M. Dash	400 M. Hurdles (B-36", G-30")	Hammer (as above)
400 M. Dash	High Jump	3000 M. Race Walk
800 M. Run	Pole Vault	4x800 M. Relay
1500 M. Run	Long Jump	4x100 M. Relay
3000 M. Run (G)	Triple Jump	4x400 M. Relay
5000 M. Run (B)	Shot Put (B-12lb, G-4kg)	
2000 M. Steeplechase	Discus (B-1.6kg, G-1kg)	

We will not necessarily practice for all the events listed here.

Our Association offers some "developmental" meets as practice for the JO meet series. They are a little "looser", more ribbons are awarded, they are a great way to get the feel for how the meets and events are run, and they separate into the **mini-bantam** and sub-bantam age groups.

The following meets are the ones we will be participating in as a team. It is highly suggested that your child do the two developmental meets if they are at all interested in doing the JO meets. It is also highly suggested that your child do them as they are a great place to experiment with different events and distances in a lower pressure setting than JO's.

**May 21: SCAA, 4th Annual Fred Dean Invite, Chief Sealth HS, West Seattle.
(Developmental)**

June 4: Flying AJ's/Xtreme Speed Meet, Federal Way Memorial Stadium (Devel.)

June 11: Cascade Striders Meet, Newport HS, Bellevue(Developmental)

June 25-26: PNW Association JO T&F Championships, Chief Sealth HS

July 9-10: Region XIII JO T&F Championships, Spokane Falls Community College

July 27-Aug 1: USATF JO National Championships, Cessna Stadium, Wichita State University, Kansas

These meets do have a cost, typically \$5-6/event, with a limit on how many events are allowed by age group. When the hosting track club opens up registration I will be giving out the meet info. with costs. Deadlines for participation will be announced then.

All meets will require either our white team t-shirt with red shorts, or our racing red/white singlet with red shorts. No other color shorts will be allowed.

We will also be participating in "All-Comer" meets up in Bellingham in July/August. These are extremely casual (but with lots of great competition) meets on Monday nights with age groups from 1 on up (think: great family experience). They are inexpensive and offer unlimited events. More info. on these as they come up.

Email (catie@rodeheffer.net) with questions.