

2018 Battle of the Northwest Indoor Championship

This meet will not require USATF membership cards. In order for the meet to be sanctioned, we will follow the age groups set out by USATF, as well as weights/heights of implements

Field Events

1. Every thrower (Shot) will have their first "legal" throw measured and recorded
2. Following the first legal throw, each thrower will have to throw beyond the minimum distance below:

Mens/Masters Shot (15-18 y/o)- 35'0"	Womens/Masters Shot (15-18)- 25'0:
Boys shot (11-14)- 24'0"	Girls Shot (11-14) - 14'0"
Boys Shot (8U-10)- 15'0"	Girls Shot (8U-10) – 10'0"

3. Triple Jump will be ran in flights of 10-12, with no finals
4. The opening heights will be as follows:

Men/Mast High Jump (15-18)- 5'0"	Women/Masters High Jump (15-18)- 4'0"
Boys High Jump (9-14)- 3'0"	Girls High Jump (9-14)- 2'0"

Mens/Masters Pole Vault - 9'0"	Women/Masters Pole Vault- 6'0"
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5. Registration is done online only at the following websites:
 - a. For youth athletes:
<https://www.athletic.net/edit/track/meet/register/2209524/overview>
 - b. For Open/Master/Collegiate athletes:
<https://www.athletic.net/edit/track/meet/register/2209525/overview>

Track Events

1. We will call heats to the start line as their race approaches (up to 3 races out)
2. We will seed at the start line area
3. In order to protect this event and have no misperception of coaching, coaches (club and high school) are NOT to coach their athletes at anytime during the meet. NO EXCEPTIONS!

IMPORTANT: Since we are on a very tight schedule- if athletes aren't warming up, please stay out of the warm up area

***Athletes cannot compete in school uniforms, so please do not wear them

***No Moving up in age group will be allowed

*** Opening Heights listed may change, based on need

Battle of the Northwest Indoor Championships

Washington State University

Saturday, February 10, 2018

Track & Field Events will start at 8:00AM with first call at 7:45. This schedule is a rolling schedule, meaning we will roll right into the next event. Athletes and parents are asked to plan accordingly.

Track Event Schedule (Boys First, Girls to follow)	Track Event Schedule (Boys First, Girls to follow)
Boys/Men 3000M Run (All Ages)	(CONT)
Girls/Women 3000M Run (All Ages)	Boys 8U-10 55m Dash (Finals)
Boys 11-12 55m Hurdles	Girls 8u-10 55m Dash (Finals)
Girls 11-12 55m Hurdles	Boys 11-14 55m Dash (Finals)
Boys 13-14 55m hurdles	Girls 11-14 55m Dash (Finals)
Girls 13-14 55m hurdles	Men 15-18 & Mast 55m Dash (Finals)
Men 15-18 & Masters 55m hurdles	Women 15-18 & Mast 55m Dash (Finals)
Men 15-18 & Masters 55m hurdles	Boys 8U 4x300 Relay
Boys 8U-10 400m Run	Girls 8U 4x300 Relay
Girls 8U-10 400M Run	Boys 9-10 4x300 Relay
Boys 11-14 400M Run	Girls 9-10 4x300 Relay
Girls 11-14 400M Run	Boys 9-10 4x300 Relay
Men 15-18 & Masters 400M Run	Girls 9-10 4x300 Relay
Women 15-18 & Masters 400M Run	Boys 11-12 4x300 Relay
Boys 8U-10 55m Dash (Prelims)	Girls 11-12 4x300 Relay
Girls 8u-10 55m Dash (Prelims)	Boys 13-14 4x300 Relay
Boys 11-14 55m Dash (Prelims)	Girls 13-14 4x300 Relay
Girls 11-14 55m Dash (Prelims)	Boys 15-16 4x300 Relay
Men 15-18 & Mast 55m Dash (Prelims)	Girls 15-16 4x300 Relay
Women 15-18 & Mast 55m Dash (Prelims)	Boys 17-18 4x300 Relay
Boys 8U-10 800m Run	Girls 17-18 4x300 Relay
Girls 8U-10 800M Run	Masters 4x300 Relay
Boys 11-14 800M Run	
Girls 11-14 800M Run	
Men 15-18 & Masters 800M Run	
Boys 8U-10 200m Run	
Girls 8U-10 200M Run	
Boys 11-14 200M Run	
Girls 11-14 200M Run	
Men 15-18 & Masters 200M Run	
Boys & Girls 8U-10 1500M Run	
Boys & Girls 11-14 1500M Run	
Men & Women 15-18/Masters 1500M Run	

2018 Indoor Track Schedule

Field Event Schedule (Boys First, Girls to follow)

Long Jump (Infield)

8U Boys
11-12 Boys
9-10 Boys
13-14 Boys
15-18 Men/Masters

Long Jump (Curve Pit)

8U Girls
11-12 Girls
9-10 Girls
13-14 Girls
15-18 Women/Masters

High Jump

13-14 Girls
13-14 Girls
15-18 Men/Masters
15-18 Women/Masters
9-10 Boys
9-10 Girls
11-12 Boys
11-12 Girls

Shot Put

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

Field Event Schedule (Boys First, Girls to follow)

Triple Jump

Infield

13-14 Boys
15-18 Men/Masters

Curve Pit

13-14 Girls
15-18 Women/Masters

Indoor Weight Throw (After Shot is over)

15-18 Men/Masters
15-18 Women/Masters