



2018 Battle of the Northwest Indoor Championship



Saturday Feb 10 – Washington State University– 8:00AM-4:00PM

HOST: Inland Northwest Track & Field

AWARDS: Medals to the Top 3 Finishers

ENTRY FEE: \$15.00 per athlete
\$20.00 after deadline

RELAY TEAM: \$7.00 per team

ENTRY DEADLINE: Tuesday Feb 6 at 7:00 pm

IMPORTANT:

TO ENTER: **Entries are online only**

QUALIFYING: None- Anyone can compete

REG: Youth: <https://www.athletic.net/edit/track/meet/register/2209524/overview>

Open/Masters: <https://www.athletic.net/edit/track/meet/register/2209525/overview>

CONTACT: Chris Lowe – Meet Director (lowedog50@gmail.com)
509-280-6065

Age Division	Year of Birth
8 & Under	2009+*
9 - 10	2007-2008
11 - 12	2005-2006
13 - 14	2003-2004
15 - 16	2001-2002
17 - 18	1999-2000**

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

- Every thrower (Shot) will have their first "legal" throw measured and recorded
- 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"

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