



Youth Athletics

Q: I need to complete age verification. How do I do that?

A: Birthdate verification documents must be uploaded through your [USATF Connect account](#). [Follow this link](#) to a video tutorial. If you are experiencing trouble uploading these documents, please contact the USATF National Office for [assistance](#).

Birthdate verification documents will not be accepted or uploaded by the National Office. Documents sent to the National Office will be returned and the verification will not be processed.

Q: What documents can be submitted for age verification?

A: Birth certificate, passport, certified baptismal certificate, or state issued ID.

Q: Can my athlete run on a relay team in an older group?

A: Per the USATF Rule Book, Competitors can only compete in their own age division. No athlete may compete in younger or older divisions in individual, relay, or team events.

Q: If you do not participate in the Oregon Junior Olympic Championship, how can I advance to the Region 13 championship meet?

A: Participation and qualifying marks in the USATF Oregon Association JO Championship are necessary to advance to the Region 13 JO Championship. Qualifying marks in the Regional Championship are necessary to advance to the USATF National Junior Olympic Championship. There are few exceptions: Participation in the USATF U20 Championship and specified international championship meets can be substituted with prior approval.

Q: Why don't the age groups change at the end of USATF National Junior Olympic Championships. The athlete's age as of that date, rather than Dec. 31?

A: The athlete will participate in the age group determined by the athlete's age as of December 31 of the current year. The primary goal of this system is to create fair and consistent competition by grouping athletes based on a standardized age definition. Using December 31 as the age cutoff simplifies things however, it can sometimes be confusing for athletes and parents, especially when classmates or friends born in the same calendar year are in different age groups due to this policy. The 2025 youth age groups are: 8/under born 2017-2019; 9-10 born 2015-2016; 11-12 born 2013-2014; 13-14

born 2011-2012;15-16 born 2009-2010;17-18 born 2007-2008. These age groups are published each year in the youth section of the USATF Competition Rules Book.

Q: Why do Association and Regional Junior Olympic meets fall on holidays or day of a state high school meet?

A: The USATF national office sets a date range each year when Associations and Regions must hold their Junior Olympic meets. There is limited flexibility in scheduling our youth championship meets but we do our best to avoid conflicts with major meets at Hayward Field and state high school championships.

Q: I live in Washington state, can I compete in Oregon meets?

A: Yes. non-championship meets are open for all. Follow the instructions for the meet to register. If you wish to compete in a Oregon championship meet, you will need to complete an [Association Transfer Request](#) using your USATF Connect.