

**USATF COLORADO JUNIOR OLYMPIC TRACK AND
CHAMPIONSHIPS
TECHNICAL MANUAL**

(5/25/2026)

Grace Center for Athletics



US Air Force Academy



Format

The 2026 USATF Colorado Junior Olympic Championship events shall be conducted on two consecutive weekends and in two locations. The first day of JO Combined Events (June 13th) is located at Grace Center for Athletics in Colorado Springs. The second day of the JO Combined Events (June 14th) is located at the US Air Force Academy. The JO Championship meet (excluding CE's) is on June 27-28 at US Air Force Academy. Competition and meet conduct shall follow the rules outlined in the USATF Track and Field Rule Book and USATF Colorado Junior Olympic Championship Technical Manual.

Meet Management

Meet Director JO's	Augie Agyei	(303) 995-2045
Meet Director Para	Amanda McGrory	(610) 637-6456
Running Referee	Don Sinclair	(775) 846-7545
Field Referee/CE Referee	Jim Breglio	(719) 337-3866
Officials Coordinator	Jim Breglio	(719) 337-3866

Officials

- USATF Colorado shall appoint two (2) Meet Referees, Head and Assistant Starters as well as all applicable Track and Field Officials/helpers required for the Championships. Officials from out of state are welcome to apply.

Facilities

Grace Center for Athletics
1655 Pirate Heights
Colorado Springs, CO 80907

The Cadet Outdoor Track Complex
US Air Force Academy
Colorado Springs, CO (Use North Gate Entrance)

- No food or drink on the field or field of play, except water.
- Officials are exempt from this restriction.

Important Dates

Entry Timeline

- Combined Event entries will close June 9th at 11:59 PM
- JO Championship individual/relay entries will close June 23rd at 11:59 PM
- Registration link: [June 13-14 Registration](#)
- Registration link: [June 27-28 Registration](#)
- NO LATE ENTRIES WILL BE ACCEPTED

Coaches' Meetings

- Grace Center, Saturday June 12th at 7:30 am
- US Air Force Academy, Sunday June 14th at 8:00 am
- US Air Force Academy, Saturday June 27th at 8:00 am
- US Air Force Academy, Sunday June 28th at 8:00 am

Packet Pick-up

- Coaches and unattached athletes will be able to pick up their competition packets as noted below. Meet Management will not be held accountable for individuals missing an event due to a late packet pick-up or any other reason.

	Time	Location
Saturday June 13 th	7:00AM - 11:00 AM	Grace Center
Sunday June 14 th	7:00AM – 11:00AM	US Air Force Academy
Saturday June 27 th	7:30AM – 11:00 AM	US Air Force Academy
Sunday June 28 th	7:30AM – 11:00 AM	US Air Force Academy

- Packets will include:
 - Bibs for each athlete on the team.
 - A QR code sheet with the QR code for the Schedule, Site Map, Technical Manual, Live Results.

Competition Information

General

The Junior Olympic program is a progression series of meets consisting of Association, Region and National Championship meets. Athletes are required to enter online beginning at the association level of competition. Advancement is based upon performance (i.e., an athlete cannot directly submit an entry form for the Region competition; they must have competed and advanced at the Association level). In some events athletes are required to meet certain eligibility requirements to compete.

Air Force Access and Parking

Base Pass

The Air Force Academy requires a day pass for all visitors 18 and older. Base access instructions are below.

USATF – Track Meet [Academy Base Pass](#) (CTRL+ click)

Outdoor Track

Friday, June 12 – Monday, June 29

Base Access: All visitors will be required to complete the base access link above prior to arrival.

Who needs to complete the base access link:

Non-DoD ID holders who are **18 years of age or older** (athletes, officials, coaches, parents, family members, friends, etc.)

Adults over the age of 18 that are in the car need to have a pass, not just the driver.

Who does NOT need to complete the base access form:

DoD ID holders

Anyone **under the age of 18**

For anyone who is not a US Citizen or does not have a REAL ID, they will need to visit the PRO (pass and registration office) at the south gate entrance to receive a paper pass.

Parking

- There is no parking lot at the stadium. We will reserve some parking spaces for our non-ambulatory athletes at the stadium. All other parking is around the sports fields.

Entry Fees

- Individual Events - \$10.00
- Relays - \$40.00
- Combined Events, pentathlon, triathlon - \$14.00
- Combined Events decathlon, heptathlon - \$20.00

Eligibility requirements

- Only U.S. Citizens, aliens and foreign exchange students living in the United States are eligible to compete in these championships. Refer to the USATF Rules of Competition for further information by visiting: [USATF Rules of Competition](#) (CTRL + click)
- A competitor must compete in their correct age division only. There will be no “moving up” allowed in any events, including relays.

Age Divisions

Age Divisions	Birth Year
* 8 & Under years old	2018+
9-10 years old	2016-2016
11-12 years old	2014-2015
13-14 years old	2012-2013
15-16 years old	2010-2011
** 17-18 years old	2008-2009
* Per USATF Rule, Article VI, Section I, Rule 300.1 (c), "Athletes must be at least seven (7) years of age on December 31st of the current year to compete at the Youth Athletics or Junior Olympic National Championships" .	
** Per USATF Rule, Article VI, Section 1, Rule 300.1 (d), "Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Track and Field Championships shall be eligible to compete in the 17-18 year old division through that meet." The last day of the competition is June 28, 2026	

All athletes must be a 2026 member of USATF in good standing. USATF membership can be purchased online at [Membership](#) (CTRL + click)

- All clubs must have valid 2026 USATF membership.
- All relay team members must be members of the same 2026 registered USATF club and athletes must wear jerseys and shorts of the same color.

Competition Schedule

- The 2026 USATF Colorado Junior Olympics Championships schedule is subject to modification. These times are for general planning purposes and are approximate.
- Competition schedule link: [Junior Olympics Championship Schedule](#) (CTRL + click)

Combined Events

Combined events will be contested on June 13th at Grace Center for Athletics and 14th at US Air Force Academy.

On the 13th there will be a co-located Junior Olympics Combined Events (day 1) and youth (14 and under) Trackfest meets. Combined events will have priority over the Trackfest events. (See schedule).

On June 14th there will be co-located meets for the Junior Olympics Combined Events (day 2), Mid-America Masters, Open Men's and Women's Championships and High School (15-18) meets. JO Combined Events will have priority.

Qualifying from Association Championship to Region 10 Championship

Per USATF Rule 306.1(d), "An Association is allocated, by agreement with other associations in its region, a certain number of athletes and relay teams from the Association level to the Region level through the Association Championships"

- In Region 10, the top four (4) finishers (by age group/gender) in the track and field and relay events shall advance from the Association meet into the Region 10 Championships in each event.
- Any athlete that qualifies for the Region 10 Championship but decides not to compete should notify the Meet Director.

Security and Field Access

Field Access and Competition Area

- The competition area includes any part of the field inside the fence surrounding the track. This includes green space on the west side of the field.
- For throwing events, the USATF Event Head (or designee) or security service will determine the limits of the zone. Generally, the competition area would include any area immediately around the venue where the athletes are competing.
- To have access to the Competition Area you must be SafeSport Three Step Compliant or have signed a waiver with a wrist band.
- There will be one point of Field Access (see map on page 3) at the Southeast corner outside of the fence to the field. There will be no access to the field from the East Grandstands.
- The following will have field access for the following purposes:
 - Athletes participating in an active event. Once the athlete is done competing, they must leave the competition area.
 - Officials to officiate and put on the meet
 - Volunteers to assist in putting on the meet
 - Photographers must display their Press Credentials or issued wrist band.
- Security will restrict Field Access
- Safe Sport Waiver link: [Safe Sport Volunteer Waiver](#) (Cntrl + click)
- Safe Sport Website: [Safe Sport](#) (Cntrl click)

Coaches Box

- Coaches' box for the Pole Vault is located on the West side of the field. The event head will identify the coaches' box.
 - Although coaches may take video from the coaches' box, Athletes are not allowed to view video during the competition.
- Coaches' box for the Long Jump is in the grandstands on the east side of the field. The event head may change the coaches' box location.
 - Athletes and coaches are not allowed to cross the track (except as noted below in "Field Access").
- Coaches' box for the High Jump is located at the North end of the stadium. The event head will identify the coach's box.
 - Athletes and coaches are not allowed to cross the track (except as noted below in "Field Access").
 - Although coaches may take video from the coaches' box, Athletes are not allowed to view video during the competition.

Protest

- A protest relating to matters that develop during the conduct of the competition must be made to the Event Head or Field or Running Referee at once and no later than 30 minutes after the result is posted (online or announced).
- This time period will be strictly enforced.
- There will be a \$50 Cash submission fee required to file a protest. The fee is paid to the appropriate Referee. This fee will be refunded only if the protest is upheld.
- Only violations of the 2026 USATF Rules of Competition may be protested.
- Judgment calls made by the meet officials cannot be protested.
- No video or photos from coaches, spectators or photographers will be considered as evidence.

Volunteers

- Check in at the Main Gate.
- Volunteers are required to sign a safe sport waiver and show a driver's license on the day of the meet. Volunteers will receive a wrist band.

Coaches

- Check-in at the main gate. Coaches will receive a wristband and **MUST** be USATF 3-Step Safe Sport Compliant.

Facilities/Equipment

Team Camps

- Team tents are not allowed in the Grandstands
- Team tents/camps are allowed on the grass at the south end of the stadium or around the throws venues at the street level only. At the throws venues stay clear of the safety zones

Warmup Area

- Hurdle warmup area is on the track before the hurdle races.
- All other running events will be in the field north of the throw's venues at the street level.

Water and Food

- USATF will provide water dispensers for athletes, volunteers and officials in the field of play. Please bring your own water bottle to refill. No other liquid is allowed in the field of play.
- Food is not allowed in the field of play.

Eight Lane Tracks

- Turn races that start and finish in lanes (200m, 400m, 400mH, 4x100) shall not utilize lane 1 for preliminary rounds. All lanes (1-8) shall be utilized for the final round of competition. Straight races (100m, 80m Hurdles, 100m/110m Hurdles) and all races greater than 400m shall utilize all lanes for preliminary and final round competition.

Preferred/Vacant Lanes

- Meet Management shall identify the preferred lanes for turn and straight races. In preliminary rounds, when the number of competitors in each heat is less than the number of lanes, competitors shall be randomly assigned to the best lanes, thereby keeping vacant lanes to the outsides.

Preliminary Heats

- If a preliminary heat ends up with one athlete in it due to scratches, that individual will be added to a subsequent heat.
- If the number of athletes with a single preliminary (event/age/gender) heat is 8 or less, that race will be a final.

Track and Field Events – Direction and Staggers

- The direction of running for the 100m, 200m, 80m Hurdles, 100m/110m Hurdles, LJ/TJ (two East pits, 2 West pit), and PV shall be determined by the Referees no later than 90 minutes before the scheduled time for meet start time.
- The 800m will run from a one-turn stagger.
- The 4x800m relay will run from a one-turn stagger. Rules 302.2(i) and 303.1(c)
- The 4x400 relay shall be run with a three-turn stagger. Rule 302.2(i)

Wind Gauges

- Reliable and calibrated wind gauges shall be used to determine wind velocity for 100m, 200m, 100m, 80m Hurdles, 110m Hurdles, long and triple jumps.

Calibration of Measuring Devices

- All equipment used for weighing and measuring implements, measuring wind, and measuring performance must be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer.

Spikes

- A maximum of ¼ inch spike length may be used for all events except for the High Jump and Javelin. Participants in the High Jump and Javelin may use spikes up to 3/8 inches in length.
- **PYRAMID SPIKES ONLY. NO NEEDLE OR CHRISTMAS TREE SPIKES ARE PERMITTED.**

Implements

- Personal implements in the throwing events are allowed.
- Athletes competing in the hammer will be allowed to bring in and check-in up to two implements for their competition.
- Implements will be checked for the mark of the day at the venues.
- All implements must be inspected on the day the event is contested.
- Grace Center - Implement inspection will be at the parking level of the grandstands and must be completed 1 hour before the start of the event.
- Air Force Academy - Implement inspection will be from 7:30 am to 8:30 am in the building on the Southwest corner of the track. (At the bottom of the stairs).

Pole Vault

- Refer to USATF Rule 302.5 (n). All competitors must provide their own vaulting poles.
- Participants in the Pole Vault competition will be weighed and poles inspected at the pole vault venue prior to warm-ups. Check-in may be completed early if an official is available.

Electronics

- Athletes cannot review any video/images of previous attempts during the competition. Rule 302.5(s).
- No electronics, headphones, phones, earbuds, i-pads etc., in the competition area (on the field or in the field of play).
- Any violators will be warned and if there is a second violation the Referee may disqualify the athlete from further competition.

Athletes

Gender/Age order for all events

- Refer to the schedule gender/age order.

Competition Check-In / Report Times

Running Events

- Athletes will check-in at the Clerk Tent located at the Southeast corner outside of the stadium fence. There is no access to the field from any other area
- Athletes may **check in** with the Clerk of the Course after first call has been announced, but no later than 10 minutes before the scheduled start time of their event.
- Athletes must **report** back to the Clerk's tent no later than 10 minutes before the scheduled start time to receive hip numbers, instructions and to be escorted to the start line.
- Athletes must bring their racing shoes at the time of check-in. A random spike check will be conducted.
- Combined Event athletes check in at the clerking area (Blue) no later than 30 minutes before the first event.
- The Clerking area (blue tent) will be located outside the fence on the Southeast corner of the Stadium.
- Athletes will be escorted by age/gender to the start line by a Clerk.

Field Events

- Field event athletes will check-in at the field event when their age group/gender is called by the announcer.
- Access to the field will be through the Southeast gate by the clerking tent
- Bibs and spikes will be checked at the event venue.
- Horizontal and throw athletes must be checked in for preliminary attempts before all preliminary attempts are completed for their age group/gender. Rule 180.10 and 302.5(q)
 - Athletes checking in after warm-up will not receive any time to warm-up.
 - Failure to report before the preliminary attempts are completed will result in forfeiture of all remaining attempts.
- Horizontal and throw athletes must check-in for final attempts (if they are in the top 8 marks plus ties for the 8 place) at the venue and after the preliminary attempts are completed. Rule 180.10 and 302.5 (q)
 - Failure to report before the final attempts are completed will result in forfeiture of all remaining attempts.
- Vertical jump athletes should check-in 45 min before the competition begins. A late check-in will not receive any warm-up time and will enter the competition at the current height. See Rule 180.10.a.
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Awards

- A Gold, Silver or Bronze medal will be awarded to the top 3 athletes in every event (age group/ gender)
- After the completion of the event, awards will be available at the awards table located in the southwest corner Stadium near the shed (near the front entrance).
- Junior Olympic awards must be picked up by the end of the meet on Sunday June 28th.

RUNNING EVENTS

Preliminary Heats Seeding

- Athletes, ranked in descending order by qualifying time, are assigned to heats by the serpentine method. Rule 160.2(d)iii
- Lanes will be drawn by lot (unless the meet information provides otherwise). Rule 160.2(f)i
- Heat order is drawn by lot. Rule 160.2(d)vi

Final Seeding

- Finals will include the 8 best times from the preliminary heats.
- Lane assignments are determined by three draws by lot
 - For straight races (no turns) - Rule 166.2(f)i.b(1)
 - The four highest times are drawn for lanes 3,4,5, and 6
 - The fifth and sixth are drawn for lanes 2 and 7
 - The lowest time are drawn for the remaining lanes
 - For the 200m - Rule 166.2(f)i.b(2)
 - The three best times are drawn for lanes 5,6, and 7
 - The fourth, fifth, and sixth are drawn for lanes 3,4, and 8
 - The next slowest time are drawn for the remaining lanes
 - For the 400m and relays started in lanes - Rule 166.2(f)i.b(3)
 - The four best times are drawn for lanes 4,5, 6, and 7
 - The fifth and sixth are drawn for lanes 3 and 8
 - The next slowest are drawn for the remaining lanes

Finals

- Any running event that has two or more preliminary races shall also have a final.
- Any running event with 8 or less competitors shall be a timed final. (USATF 302.2(b))
- The top 8 times from preliminary heats will move to the finals.
- In the event of a tie (by time) which places 9 or more athletes in the finals the referee will request a runoff of the tied athletes, reducing the number of finalists to 8 athletes. Rule 303.2
- When a competitor has qualified for the final and is unable to compete, another competitor shall **not** replace them.

First Round: 80m, 100m, 200m, 400m, 100m/110m Hurdles, 400m Hurdles

- Heats shall be as evenly numbered as possible.
- Using a descending order list (fastest to slowest).

800m

- The race shall be run as a timed final.

- Heats shall be as evenly numbered as possible.
- Using a descending order list (fastest to slowest), place entries into heats using the serpentine method (left to right then right to left).
- Heat Order and Lane Assignment shall be drawn at random.
- The 800m shall be contested using a one turn stagger at the start.

1500m

- The race shall be run as a timed Final.
- Heat order and assignment of position on a waterfall or alley start shall be drawn at random.

4x100m Relay

- There will be a preliminary race on Saturday.
- All age group/genders will run a final on Sunday per the schedule.
- Relay races shall be seeded using entry times and the pre-determined lane preference.
- Teams in each section shall be seeded into lanes based on entry times and designated lane preference.
- The 4x400m relay shall utilize a three-turn stagger at the start.

4x400m Relay

- There will be a preliminary race on Saturday.
- All age group/genders will run a final on Sunday per the schedule.
- Relay races shall be seeded using entry times and the pre-determined lane preference.
- Teams in each section shall be seeded into lanes based on entry times and designated lane preference.
- The 4x400m relay shall utilize a three-turn stagger at the start.

FIELD EVENTS

Horizontal Jumps, Throws

- If the number of entries necessitates flights, they should be as even in number as possible.
- Athletes will **check in** at the event venue when the first call is announced.
- The order of competition within each flight or competition shall be by entry performance. Any athlete without a performance mark will be added to the beginning of the flight or event sheet.
- Athletes must check in before the preliminary attempts are complete.
- If the athlete checks in after the preliminary attempts have started, that athlete will forfeit any attempts missed before the athlete checked in. Rule 180.10 and Rule 302.5(q)
- Athletes will have three (3) attempts in preliminary rounds.
- The top 8 competitors per age group/gender shall advance to the Final and compete in inverse order of their preliminary mark with the best qualifier competing last. A valid attempt is required to advance to finals.
- All six (6) marks will be used to determine scoring.
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- Athletes that are in multiple events will inform the field event Flight Coordinator of all conflicting events.
- If a field event combines age/gender groups, the combined group is considered one flight or competition for warm-up purposes.
- Warm-up for Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin: These events shall utilize a thirty (30) minute flight-specific warm-up. Warm-up should conclude five minutes before the scheduled start time to prepare the venue and for final instructions.
- Athletes may not cross the track or leave the venue during competition.
- There are no courtesy marks.

Absence from Competition

- The athlete must check out and check in with the Flight Coordinator. When a competitor is excused to participate in another event, the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all final attempts if excused during the finals. Rule 180.10 and Rule 302.5(q)
- Failure to return within the preliminaries or finals shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be made in succession before a competitor is excused, and make-up attempts may be made in succession and out of order upon legally returning to the event. USATF 302.5.q.

High Jump and Pole Vault

- If the number of entries necessitates flights, they should be as even in number as possible.
- Athletes will **check in** at the event venue when the first call is announced.
- The order of competition within each flight or competition shall be by entry performance. Any athlete without a performance mark will be added to the beginning of the flight or event sheet.
- Bar progressions will be set by USATF 302.5 (o).
- Vertical event Bar Progressions are listed below. Bar progression for HJ is 5cm and PV is 15cm
- PV coaches' box will be located on the grass on the West side of the pole vault runway.
- HJ coaches' box will be located by the event head.
- Pole vaulters may check in well before the scheduled start time at the venue.
- Athletes may not cross the track or leave the venue during competition.

Absence from Competition

- The athlete must check out and check in with the Flight Coordinator. The athlete has 10 minutes from the time they are excused to return to the event. The Flight Coordinator may discuss options for successive trials or change in the order of competition. If the competitor has failed to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height, and the judge will automatically pass the excused competitor to the new height. If the competitor has failed to return and the competition has otherwise concluded, the judge shall automatically pass the excused competitor and only raise the bar once to the next height before using the forfeiting procedure in Rule 181.6.

HIGH JUMP

- Each age group/gender will be contested separately, on a rolling schedule, on Saturday June 27, starting with Girls at 830am, and Boys at approx. 1145am. Each competition will have its own warm-up period based on the number of entries. The warm-ups for the second competition will begin upon completion of the first competition and so on. The order of the competitions and the starting heights with 5 cm increments are as follows:

Girls

G 9-10 starting height 0.86m (2' 9 3/4")

G 11-12 starting height 1.06m (3' 5 3/4")

G 13-14 starting height 1.20m (3' 11 1/4")

G 15-16 starting height 1.23m (4' 1/2")

G 17-18 starting height 1.31m (4' 3 1/2")

Boys

B 9-10 starting height 0.86m (2' 9 3/4")

B 11-12 starting height 1.07m (3' 6")

B 13-14 starting height 1.30m (4' 3 1/4")

B 15-16 starting height 1.44m (4' 8 3/4")

B 17-18 starting height 1.57m (5' 1 3/4")

- Athletes reporting late - After competition starts – allowed to enter the competition but must enter at current position/height. See Rule 180.10.a

Pole Vault

- There will be 6 pole vault competitions. Each age group/gender will be contested separately, on a rolling schedule, starting with Girls 13-14 at 8:30 am (warm-ups start at approximately 745am).
- Each competition will have its own warm-up period based on the number of entries. The warm-ups for the second competition will begin upon completion of the first competition and so on. The order of the competitions and the starting heights with 15 cm increments are as follows:

G 13-14 starting height 1.81m (5' 11 1/4")

G 15-16 starting height 1.91m (6' 3 1/4")

G 17-18 starting height 2.28m (7' 5 3/4")

B 13-14 starting height 2.17m (7' 1 1/2")

B 15-16 starting height 3.15m (10' 4")

B 17-18 starting height 3.38m (11' 1")

- All athletes will be weighed, including their shoes. Poles will be measured and inspected for the manufacturers weight rating label that is a minimum of 3/4 inches, either on or above the top

hand hold position determined by the manufacturer. Weight labels must be readable. An altered (cut) pole renders the pole illegal. Taping must be uniform.

- Athletes reporting late - after competition starts – allowed to enter the competition but must enter at current position/height. See Rule 180.10.a

COMBINED EVENTS

General

- Triathlon – competing as one group (G 9-10 and B 9-10), scored separately.
- Pentathlon – competing as one group (G 11-12 and G 13-14), scored separately.
- Pentathlon – competing as one group (B 11-12 and B 13-14), scored separately.
- Heptathlon – competing as one group (G 15-16 and G 17-18), scored separately.
- Decathlon – competing as one group (B 15-16 and B 17-18), scored separately.
- There will be a minimum of 30 minutes warm-up between each event.
- Failure to start any event will eliminate the athlete from the Combined Event competition.

Running Events

- The number of competitors in the heats of running events should be as even as possible.
- When possible, no fewer than three (3) competitors should start any section.
- Heats of the lanes events shall be seeded by seasonal best mark. If **no current season** mark is available, competitors shall be seeded with NM.
- 110mH and 100mH will utilize alternate lanes (2-4-6-8) depending on the facility. Hurdles shall be placed in **all** lanes.
- Start position in the 200 (Tri/Hep), 400 (Tri/Dec), 800m (Hep/Pent) and 1500m (Dec/Pent) shall be assigned randomly. Hip numbers shall reflect the competitors' placing in the overall competition going into the final event. These assigned numbers shall also be placed on the left hip and center chest.
- When possible and practical, all competitors in the 800m and 1500m should run in one section. The 1500m shall start from a waterfall, while the 800m may utilize lanes **or** alleys, depending on the number of competitors. The 200 and 400 will run in lanes. If more than one heat is required, competitors shall be grouped according to their overall placing. Highest ranked competitors by total score before the final event shall compete in the final section.

Field Events

Long Jump, Shot Put, Javelin, Discus

- Athletes will have three (3) attempts.
- There are no courtesy marks.
- The order of the heats and assignment shall be random.

High Jump

- For High Jump, the Field Referee will determine which of five CE progression charts to use. The increments will be 5 cm.

Pole Vault

- The Field Referee will determine which of the fifteen CE progression charts to use. The increments will be 15 cm.
- All athletes will be weighed, including their shoes. Poles will be measured and inspected for the manufacturer's weight rating label that is a minimum of $\frac{3}{4}$ inches, either on or above the top hand hold position determined by the manufacturer. Weight labels must be readable. An altered (cut) pole renders the pole illegal. Taping must be uniform.
- Weigh-ins and pole inspections shall be completed well before the first event on day 2. If this is not completed beforehand, athletes will have to complete this process during their warm-up period.
- Approximate times for the Decathlon - Pole Vault is ~9:35 AM. Pole Vault will be ~ 30 min after the Decathlon – Discus