



2026 USATF **Southwestern** Association Junior Olympic Indoor Throws Championships

Saturday, 31 January 2026
Bernard Derrick Multipurpose Center
Terrell High School
400 Poetry Road, Terrell, TX 76105

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

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| 8 & under (born 2017 or earlier) |
| 9 - 10 (born 2016-2015) |
| 11 - 12 (born 2014-2013) |
| 13 - 14 (born 2012-2011) |
| 15 - 16 (born 2010-2009) |
| 17 - 18 (born 2008-2007) |
| * athletes born in 2007 are also eligible if they do not turn 19 on or before 7/27/2025 |
| 19 – 34 (Open) |



Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. **Per Rule 300 1 c: Athletes must be at least (7) years of age by December 31 of the current year. Meaning if you turn 7 by the end of the current year you are (7) the entire year, January 1 through December 31 of any current year or your birthday of any current year.** All athletes must be 2025 members of USATF in good standing. **THIS IS A USATF SANCTIONED EVENT.**

ENTRY PROCESS:

Individual Entries: \$25 per event

DATE OF BIRTH VERIFICATION:

USATF National Championships require that the registrants are date-of-birth verified. Members are mandated to upload/submit their birthdate verification document when completing their membership profile on the USATF Connect system. There may be other competitions that require this mandate. Check event eligibility requirements carefully when registering for an event.

DOCUMENT SUBMISSION DEADLINE:

DOCUMENTS SUBMITTED FOR BIRTHDATE VERIFICATION MUST BE RECEIVED NO LATER THAN FIVE (5) BUSINESS DAYS (EXCLUDING HOLIDAYS) PRIOR TO THE REGISTRATION DEADLINE OF THE USATF SANCTIONED OR SPONSORED EVENT THAT THE REGISTRANT IS SEEKING ENTRY INTO.

HOW TO SUBMIT DOCUMENTS:

Date-of-Birth verification documents must be uploaded through **USATF Connect**. If you are having trouble uploading these documents, please reach out to the **USATF National Office**.

BE ADVISED THAT BIRTHDATE VERIFICATION DOCUMENTS WILL NOT BE ACCEPTED OR UPLOADED BY THE NATIONAL OFFICE. PROCEDURES FOR UPLOADING THESE DOCUMENTS IN THE USATF CONNECT SYSTEM MUST BE ADHERED TO AND THERE WILL BE NO EXCEPTIONS. DOCUMENTS SENT TO THE NATIONAL OFFICE WILL BE RETURNED AND THE VERIFICATION WILL NOT BE PROCESSED

IF A DOCUMENT IS ILLEGIBLE, IT WILL BE INVALIDATED AND WILL NOT BE PROCESSED. INVALIDATED DOCUMENTS WILL NOT RESULT IN AN EXTENSION OF THE SUBMISSION DEADLINE. NO EXTENSION WILL BE GIVEN FOR INVALIDATED DOCUMENTS THAT REQUIRE RE-SUBMISSION THE FIVE (5) DAY DEADLINE WILL BE ADHERED TO.

DOCUMENTS WILL REMAIN A PERMANENT PART OF THE MEMBER PROFILE AND WILL NOT REQUIRE RE-SUBMISSION.

DATA PROTECTION:

SUBMITTED DOCUMENTS/DATA PROVIDED TO USATF WILL BE HOSTED ON A SECURE PLATFORM IN USATF CONNECT. ASSOCIATION OFFICERS/EMPLOYEES PERMITTED TO VIEW MEMBERSHIP INFORMATION WITHIN THE SYSTEM HAVE BEEN REQUIRED TO HAVE SUBMITTED THE MANDATED USATF DATA PROTECTION POLICY AGREEMENT.

ACCEPTED DOCUMENTS:

Accepted verification documents include copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government issued identification.

WAIVER: All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated into the online entry system and can be completed electronically; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

AWARDS: USATF Junior Olympic medals will be awarded to the top three (3) individuals in each event of each age division.

ADVANCEMENTS: The top 5 individuals in each event of each age division will advance to the 2026 USATF Region 12 Championships being held by the Gulf Association; dates/location TBD.

Club Administrators and Unattached Athletes should register online at Athletic.net by January 28, 2026, at 11:59 pm. Late entries will not be allowed. Online registration opens January 3, 2026. Pre-authorization of a credit card will be required for team entries and unattached entries will require immediate payment. Accuracy of data entered is the responsibility of each club and/or athlete. **Please verify team and athlete data within Athletic.net for accuracy prior to submitting entries. Links to help documents with step-by-step instructions:**
-Submitting Team Entries: <https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>
-Registering as an Individual: <https://support.athletic.net/article/90hyv0deh5-registering-for-an-event-as-an-individual>

EVENT CHECK-IN: Athletes must check in at the designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during the competition and on the front on their jerseys only. The bib number should match the competition number on the "Team Entries" printout. Please make sure your athlete is wearing the correct number. Athletes **MUST** wear their bib numbers and wristbands to compete.

LOST BIBS & WRISTBANDS: Bibs and wristbands must be purchased at the ticket booth each morning. The fee is **\$10.00 to replace a bib and \$10.00 to replace a wristband.**

EVENT RESULTS: During the competition, event results will be available online at NTXTiming.com. QR code may be provided.

PROTESTS: **Rule 146.2** Only violations of the current USATF Rules of Competition may be protested. The protest should be written on the "Protest Form" with the proper USATF rule cited. Protest fees are \$100.00 **(CASH ONLY, NO EXCEPTIONS)**. Fees and completed protest forms can be turned in to Ticket Booth at once and not later than 30 minutes after a result has been posted and/or announced. The protest fee will be refunded if the protest is upheld. **Before filing the protest please be sure you have read and understand Disqualifications USATF rule 145.1.**

CONDUCT & FACILITY RULES: **SAFESPORT** VIOLATIONS WILL BE IN EFFECT MEANING ZERO TOLERANCE OF MISCONDUCT FOR ATHLETES, COACHES, AND SPECTATORS, THERE WILL BE NO EXCEPTIONS, VIOLATIONS OF SAFESPORT WILL BE REPORTED.

IMPLEMENT CHECK IN: Look for signage until further notice. Please check in all implements at least 2 hours prior to the event or at best upon entry into the stadium.

EVENT SCHEDULING CONFLICTS: When athletes are in two or more events at the same time, they must check in at each event, obtain permission to be excused from the Head Event Official from one event, and return to any event before the conclusion of all preliminary or final attempts, whichever the case may be. See the Youth Section of the USATF rulebook, Page 164, Rule 302(5)(p). It is very important that you advise the Head Officials overseeing events in which you may have a potential schedule conflict, particularly conflicts with throwing events due to the distance of the Throws Area from the main track facility.

RESTRICTED AREAS: Coaches and spectators **WILL NOT** be allowed on the track, the infield or in the clerking (heating) area.

HYDRATION: Make sure your athletes are drinking plenty of fluids to stay hydrated.

GATE ADMISSION FEES: General \$10.00 **Children 3 and under are free.** Wristbands must be worn at all times to enter the facility.

All coaches on the Safesport Compliance List aka Coaches Registry with a current USATF membership and clearance through the USATF Background Check and Safesport will be given a coaches wristband and admitted free. Bring verification to speed up the process (2026 membership, safesport & background check screenshots).

PARKING: FREE

CONTACT:

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| Name: | Jared Tyler | Octavious Baker |
| Phone Number: | 469-644-6381 | 469-475-0059 |
| E-mail: | coach@momentum-throws.com | otavious333@gmail.com |

SCHEDULE OF EVENTS:

9:00 am Shot Put Prelims (3 throws) – Finals (3 throws)

- Girls/Boys Ring 3: (8U – 13/14 (possible ring 2 and 3 will be used)
- Girls Ring 2: (15/16 – 17/18)
- Boys Ring 1

1:00 pm Weighted Throw

- Girls/Boys Ring 1: 15/16 followed by 17/18 and Open

All USATF rules will be followed. All athletes must demonstrate a command of the event in which they participate and follow all guidelines for safety. Athletes who do not follow the rules or guidelines may be disqualified by the referee.