



2024 Pacific Association (Region 14) Combined Event Championships

Arlevia Livingston Combined Event Triathlon

Logan High School, Union City, CA

Saturday – June 15, 2024, and Sunday – June 16, 2024

Spectators FREE! Parking FREE! Gates open 7:30 AM

No food/drink available onsite

This competition is open to all Pacific Association youth athletes aged 9-18 (18- year-olds must not turn 19 before 7/31/2024) **The top two (2) finishers in each division, and any other point qualified finishers, will qualify to compete in the Combined Event competition at the USATF National Junior Olympics** to be held in College Station, TX, July 22-28, 2024.

An **exhibition** Group 1 (8 and under) Arlevia Livingston Combined Event Triathlon has been added this year. Athletes will compete in the Shot-Put (2K), Long Jump and 200M. All finishers will receive an award. First place will receive a trophy.

Enter online at: <https://www.athletic.net/TrackAndField/meet/562165/info>

Entry Deadline: June 13, 2024 11:59 PM PDT

NO LATE ENTRIES WILL BE ACCEPTED

Meet Directors: Pacific Association Board Members

Questions: Site Director: Lee Webb lwebb@nhusd.k12.ca.us 510-304-7172

Regional Coordinator: David Lawrence 916-207-8842 email: dlaw222@aol.com

Registration for Region 14 Combined Events

- This event is open to all age-verified youth members of the Pacific Association • 2024 USATF membership required **NO EXCEPTIONS**
 - Athlete's age must be verified on USATF website
- [AGE VERIFICATION INSTRUCTIONS](#)
- In order to register as a club team member, the club must be a 2024 USATF sanctioned club •

Registration Instructions

Enter online at: <https://www.athletic.net/TrackAndField/meet/562165/info>

Entry Fees:

- Triathlon– 8 and under and 9-10 Girls and Boys
\$20
- Pentathlon– 11-12, 13-14 Girls and Boys \$25
- Heptathlon– 15-16, 17-18 Girls \$35
- Decathlon-- 15-16, 17-18 Boys \$35

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Competition Information:

- This meet will be subject to 2024 USATF Rules of Competition. Please review the 2024 USATF Rules at: <http://www.usatf.org/About/Competition-Rules.aspx>
 - Athletes are not allowed to use cell phones, headsets, smart-watches or any other type of electronic devices while in the clerking area, field of competition or on the infield.
 - All field events will be three attempts (misses). ○
Per USATF Rule 305.2(d)
 - *The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships.*
 - Except as otherwise provided, scoring shall be based on the current IAAF Scoring Tables for Combined Events. USATF Rule 302.6(b)
 - There will be an interval allowed up to 30 minutes between the time an event ends and the start of the next event each event. The next event will proceed when 30 minutes has elapsed or all athletes competing in the event indicate to officials they are prepared to proceed sooner.
 - Warm-up allowed when an event official is present and has declared the event open.
- Implements**
- Athletes must provide their own implements (Shot, Discus, Javelin)

☐ All implements (discuses, shots, javelins) must be inspected through meet Implement Inspection the day of the event to be used in competition. • Decathletes must provide their own poles for Pole Vault

- A competitor may not use a training pole, a pole which is improperly marked, or a pole rated below his/her weight during warm-up or competition. (USATF Rule 302.5 n)■
Competitors may be required to “weigh-in” prior to competition

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Saturday, June 15:

• **9:00 AM**

- **Decathlon** (100M, Long Jump, Shot Put-12 lb., High Jump, 400M)
 - Group 5 boys – 15-16 years old
 - Group 6 boys – 17-18 years old
- **Triathlon** (Shot Put-6 lb., High Jump, 200M)
 - Group 2 girls-- 9-10 years old

• **9:30 AM**

- **Heptathlon** (100M Hurdles, High Jump, Shot Put-4K, 200M)
 - Group 5 girls – 15-16 years old
 - Group 6 girls – 17-18 years old

• **10:00 AM (approximately)**

- **Pentathlon** (100M Hurdles, Shot Put-6-lb, High Jump, Long Jump, 800M)
 - Group 4 girls—13-14 years old

• **10:30 AM (approximately)**

- **Pentathlon** (80M Hurdles, Shot Put-6lb, High Jump, Long Jump, 800M)
 - Group 3 girls– 11-12 years old

EXHIBITION

• **10:30 AM (approximately)**

- **Arlevia Livingston Triathlon** (shot-Put-2K; Long-Jump, 200M) • -Group 1 Girls-7, 8 and 6 and under

Sunday, June 16:

• **9:00 AM**

- **Decathlon** (110M Hurdles, Discus Throw-1.6k, Pole Vault, Javelin Throw-800g, 1500M)
 - Group 5 boys – 15-16 years old
 - Group 6 boys – 17-18 years old
- **Heptathlon** (Long Jump, Javelin Throw-600g, 800M)
 - Group 5 girls – 15-16 years old
 - Group 6 girls – 17-18 years old
- **Triathlon** (Shot Put-6 lb.), High Jump, 400M)
 - Group 2 boys-- 9-10 years old

• **9:30 AM**

- **Pentathlon** (100M Hurdles, Shot Put-4K, High Jump, Long Jump, 1500M)
 - Group 4 boys—13-14 years old

• **10:00 AM**

- **Pentathlon** (80M Hurdles, Shot Put-6-lb High Jump, Long Jump, 1500M)

- Group 3 boys—11-12 years old

****EXHIBITION****

- **10:30 AM (approximately)**
- **Arlevia Livingston Triathlon (Shot-Put-2K; Long-Jump, 200M)**
 - Group 1 Boys- 7, 8 and 6 and under