

7. Illinois and Indiana
8. Dakotas, Iowa, Minnesota, Nebraska, and Wisconsin
9. Arkansas, Missouri Valley, Oklahoma, and Ozark
10. Arizona, Border, Colorado, New Mexico
11. Montana, Snake River, Utah and Wyoming
12. Gulf, South Texas, Southwestern, and West Texas
13. Alaska, Inland Northwest, Oregon, and Pacific Northwest
14. Central California, and Pacific
15. Hawaii, Nevada, San Diego Imperial, and Southern California
16. National Junior Olympics Championship Host Association, the Department of Defense Dependent Schools (DODDS) Europe and Pacific

**RULE 301  
TRACK AND FIELD EVENTS**

The events listed below are included in the National Championships. (Combined events, where different from those described in Rule 200, are held in the event order indicated. Weights of implements are identical to those applicable to individual events in the respective age groups.)

**8 AND UNDER DIVISION**

100 Meter Dash	1500 Meter Run	Long Jump
200 Meter Dash	4x100 Meter Relay	Shot Put - 2kg
400 Meter Dash	4x400 Meter Relay	Mini Javelin - 300g
800 Meter Run		

**9-10 DIVISION**

100 Meter Dash	High Jump	Triathlon: Shot Put - 6 lb.
200 Meter Dash	Long Jump	High Jump
400 Meter Dash	Shot Put - 6 lb.	200 Meter - G
800 Meter Run	Mini Javelin - 300g	400 Meter - B
1500 Meter Run	4x100 Meter Relay	
1500 Meter Race Walk	4x400 Meter Relay	

**11-12 DIVISION**

100 Meter Dash	80 Meter Hurdles - 30"	4 x 800 Meter Relay
200 Meter Dash	Long Jump	Pentathlon: 80m Hurdles
400 Meter Dash	High Jump	Shot Put - 6 lb.
800 Meter Run	Shot Put - 6 lb.	High Jump
1500 Meter Run	Discus -1kg	Long Jump
3000 Meter Run	Mini Javelin - 300g	800 Meter Run - G
1500 Meter Race Walk	4 x 100 Meter Relay	1500 Meter Run - B
	4 x 400 Meter Relay	

**13-14 DIVISION**

100 Meter Dash	4 x 800 Meter Relay	Discus -1kg
200 Meter Dash	100 Meter Hurdles - B-33"	Pole Vault
400 Meter Dash	100 Meter Hurdles - G-30"	Javelin - 600g
800 Meter Run	200 Meter Hurdles - 30"	Pentathlon: 100m Hurdles
1500 Meter Run	High Jump	Shot Put - B 4kg, G 6 lb.
3000 Meter Run	Long Jump	High Jump
3000 Meter Race Walk	Triple Jump	Long Jump
4 x 100 Meter Relay	Shot Put - B-4kg	800 Meter Run - G
4 x 400 Meter Relay	Shot Put - G-6 lb.	1500 Meter Run - B

**15-16 DIVISION**

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	

**17-18 DIVISION**

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	

**RULE 302  
REGULATIONS AND SPECIFICATIONS**

**1. General**

No athlete may be advanced in the competition without having successfully qualified through required qualification rounds.

**2. Track Events**

- (a) In one-day meets at the Association level, all events equal to or longer in distance than 200 meters may be run as timed finals.
- (b) The Games Committee may elect, in events of 800 meters and longer, and all relays, to use a qualification method based upon place and time in order to eliminate qualification rounds beyond one.
- (c) In Association and regional meets where all rounds are held on one day, and the competitors in the 100, 200, or hurdles advance directly to a final, the final may be run at the time of the scheduled preliminary.
- (d) For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, no penalty shall be imposed for the first false start, but the Starter shall disqualify the offender or offenders for the second false start. False starts are called on individuals, not on the field.

**NOTE:** 15-16 and 17-18 year old age divisions follow Rule 162.13.

- (e) Starting blocks: Athletes in the 15-16 and 17-18 year old divisions shall, in accordance with Rules 161, be required to use starting blocks and a crouch position for all events up to and including the 400 Meter Runs and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the 8 and under, 9-10, 11-12 and 13-14 year old divisions, the general rules regarding the