



PO Box 645, Nampa, Idaho 83653-0645
 www.SpikeUpAthletics.com

The winter/indoor schedule is FINAL with one meet being tentative.

Also, please be aware that athlete registration fees cover training, not competitions. Refer to [FAQ #7](#) for details.

Winter/Indoor Schedule			
Date	Event	Location	Age
December 16, 2023 (tentative)	Spokane Speed Games	The Podium; Spokane, WA	Middle Schoolers & High Schoolers @@
January 20-21, 2024	Spokane HS Invitational	The Podium; Spokane, WA	High schoolers only
February 3, 2024	Snake River Indoor Championships	Idaho State University; Pocatello, Idaho	High schoolers & select middle schoolers **
February 15-17, 2024	Simplot Games	Idaho State University; Pocatello, Idaho	High schoolers only
@@ = Throwing and Jumping events are not being contested.			
** = Middle Schoolers cannot compete in hurdles and are limited in some other events too.			

The summer/outdoor schedule is tentative and will be updated as track meets become available.

Summer/Outdoor Schedule			
Date	Event	Location	Age
June 14-15, 2024 USATF-Sanctioned	USATF Snake River Association Championships	Northwest Nazarene University; Nampa, ID	All age-groups. ** Athletes must compete in order to be eligible to compete in Region 11 meet.
June 20-22, 2024 USATF-Sanctioned	USATF Region 11 Championships	University of Montana; Missoula, MT	All age-groups. ** Athletes must compete in order to advance to the NJO meet. Top 5 or 7 placements in each event qualifies for the NJO.
July 22-28, 2024 USATF-Sanctioned	USATF National Junior Olympics	Texas A&M University; College Station, TX.	Athletes up to age group 17-18 (Must place top 5 or 7 in their events at the Region 11 meet)**
** Athletes who are still 18 years old on 7/28/23 are still eligible to compete in the USATF NJO.			