



## 2012 USA Track & Field

# Region III Junior Olympics Championships

**July 5-8, 2012 at Christopher Newport University**

1 University Place

Newport News, Va. 23606

Youth Chair: Tony Vaughn [usatfvayouthchair@gmail.com](mailto:usatfvayouthchair@gmail.com)

Region 3 Coordinator: Henry McCallum [hmcca77@verizon.net](mailto:hmcca77@verizon.net)

### **Advancement to the Regional Meet:**

First through sixth place finishers in the Association Junior Olympic Championships, including relays, and Combined-Events, qualify to compete in the Region III Junior Olympics Track & Field Championships to be held at Christopher Newport University. Multi event competition will begin on Thursday, July 7th at 9:00 a.m. and running events will begin Thursday, July 7th @ 5:00 p.m. with the 4 x 800 relay.

### **ENTRY INFO:**

Qualified athletes must be declared on Coach O using the USATF process. Deadline to declare will be set by your association Youth Chair.

Youth Chairs: Georgia – Jacqui Collins – [jacquicollins@usatfga.org](mailto:jacquicollins@usatfga.org) or [jacquicyd@comacast.net](mailto:jacquicyd@comacast.net)

North Carolina – Frank Davis – (919) 477-9445 [fdavis@durhamstriders.com](mailto:fdavis@durhamstriders.com)

Potomac Valley - Henry McCallum, Jr. – (301) 322-7356 [hmcca77@verizon.net](mailto:hmcca77@verizon.net)

South Carolina – Linda Ellis – (864) 665-6460 [Lellis7354@aol.com](mailto:Lellis7354@aol.com)

Virginia – Tyrone Vaughn – (757) 434-3192 [usatfvayouthchair@gmail.com](mailto:usatfvayouthchair@gmail.com)

### **ENTRY FEES:**

Athletes participating in individual and Combined-Events must pay both entry fees.

Individual \$6.00 per each individual event

Relays \$24.00 per relay

Combined-Events: Triathlon/Pentathlon \$14.00 per individual

Heptathlon/Decathlon \$20.00 per individual

Payment must be made by credit card on CoachO or by method established by your Association's Youth Chair.

### **PACKET PICK UP:**

Clubs and individual athletes will be able to obtain their race related information at the track facility Thursday, July 5th thru Sunday July 8th from 7:00AM to 6PM.

**GATE FEES:**

Spectators:

\$5.00 per day: 4 Day Pass \$15.00

**Free:**

USATF Member coaches who have completed their 2012 USATF background screening, participating athletes, children (under 10), USATF Region III Junior Olympic Championship volunteers and officials.

**WARM UP AREA:** Athletes may warm up on the fields adjacent to the track.

**AWARDS:**

First through third place finishers will receive USATF medals, 4th through 8th place medals . First place in all relays will receive engraved batons.

**CALL OF EVENTS:**

Each competitor must report to the Clerk of Course at least 30 minutes prior to the beginning of the event. In the case of field events, the competitor must report to the Field Judge in charge of the event. Track events take precedence over field events however, you must report to the Field Judge first and request permission to be excused. For all events:

- First call will be 45 minutes before the event
- Second call will be 30 minutes prior to the event
- Last & Final call will be 15 minutes prior to the event
- If you are not checked in and ready to move to the track by the Final call you will be scratched.

If the meet is running behind schedule, call intervals may be shortened. In addition a call may not be made however; events will go forward as outlined in the schedule.

**RULES:**

USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be adhered to strictly. Rulebooks may be obtained form USATF National Office.

Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303(h) in the Competition Rule Book.

¼" or less, pyramid spikes, or running flats only, allowed to be used on Mill Creek's track. No street shoes will be allowed on the track.

Uniforms for the purpose of relays (Rule 302- 3{d}) All participant shall wear tops of the same color as well as shorts of a same color.

No coaches are allowed on the track or field event area except for injuries.

**RELAY ROSTER/DECLARTION:**

Relay athletes must be declared on Coach O when declaring qualified relays.

**PROTESTS:**

All inquiries regarding the meet should be directed through your Association Youth Chair. All protests must be filed at the protest table on the protest form by the team captain, the coach or the individual competitor, if competing for a club. A parent may file for an unattached runner. All coaches MUST abide by the USATF rules and any supplemental rules or risk disqualification of an athlete or their team. A **CASH fee** of \$50.00 must be submitted when filing a protest. The money will be returned if the protest is upheld.

**JURY OF APPEALS:**

The jury will consist of each association's Youth Chair or their designee.

**SCHEDULE:**

The time schedule for all events will be followed as closely as possible. Please arrive at the track and be ready to compete when your event is called. Please check with the time schedule carefully to plan for any potential conflict with each event.

**Implements for the Throws:**

Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.

**POLE VAULT:** Athletes must provide their own pole in the pole vault. Athletes will be weighed in at the pole vault area and their poles inspected.

**NATIONAL:**

The National Junior Olympic Track and Field Championship will be held at Morgan State University, Baltimore, Md from July 23rd thru July 29th 2012. Track and Field shall advance FIVE individuals and Five relay teams from each Regional to National.

The **combined events shall advance the top two placed individuals** and anyone else that meet the National JO standard at the regional Championship. The National Standard is the average of the 8th place in the last three National Junior Olympic Championships. See attached. The host Association shall qualify a like number. The Sub Bantam age division will compete at the National Junior Olympic Track & Field . The sub-bantam must be at least seven by December 31, 2012 to compete at the JO National Championships.

**INTENT TO ADVANCE TO NATIONALS:**

A competitor who intends to attend the national meet must declare his/ her intent to advance in the Junior Olympics by using the Coach O's USATF declaration process. Registration must be completed by midnight Tuesday, July 12, 2011. The posting of the results of the event in which they have qualified for Nationals will be on the CoachO website. [Click here](#) for the online registration site.

**NATIONAL FEES:**

Junior Olympic National Championships

*Individual	\$8 per event	*Triathlon/Pentathlon	\$20 per individual
*Relays	\$32 per relay	*Heptathlon/Decathlon	\$24 per individual

**All fees must be paid** online on CoachO or by process establish by your Association's Youth Chair.

**FACILITY RULES:**

1. No use or possession of alcohol or illegal drugs will be tolerated. **NO SMOKING ALLOWED** ON THE Mill Creek PROPERTY.

2. No loud radios or music allowed.
3. Pets are not allowed.
4. Cooking of any type will not be allowed.
5. Tents, large umbrellas and canopies are allowed in designated sections only. None will be allowed in front of the press box.
6. Place trash in receptacles that are provided.
7. No selling of merchandise without the consent of the meet director.

### **Housing:**

To get discounted rooms for the 2012 USATF Region III Junior Olympic Championships, call Academic Travel Advisors toll-free at [\(855\) 485-4780](tel:8554854780). Or you can reserve your rooms anytime, online, at <http://web.academictraveladvisors.com/website/usatf/newport-news.php>. You cannot get these rates by calling the hotel directly. There are several convenient, high-quality hotels available within your desired price range, but availability is limited – so call or click as soon as possible to reserve your rooms

### **Directions to Christopher Newport University**

#### **From the South:**

- Take I-85/I-95 North to I-64 East
- Take the J. Clyde Morris Rd. exit, # 258A
- Cross over Warwick Blvd. to Avenue of the Arts
- Continue around the circle to Shoe Ln.
- Turn Right on Moore Ln.
- Pomoco Stadium/Parking will be 1/4 mile on the right

#### **From the North:**

- I-95 South
- Take the J. Clyde Morris Rd. exit, # 258A
- Cross over Warwick Blvd. to Avenue of the Arts
- Continue around the circle to Shoe Ln.
- Turn Right on Moore Ln.
- Pomoco Stadium/Parking will be 1/4 mile on the right

# 2012 USA Track & Field

## Schedule-Region III Junior Olympics Championships

July 5-8, 2012 at Christopher Newport University

Youth Chair: Tony Vaughn

### THURSDAY, July 5, 2012

**9:00 AM-** IG & YW Heptathlon (1st Day)  
100m Hurdles (33") IB/YM (36")  
High Jump  
Shot Put (4kg)  
200m Dash

**9:30 AM-** MG & MB Pentathlon  
80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
800/1500m Run MG/MB

**10:00 AM –** YG & YB Pentathlon  
100m Hurdles (YG 30"/ YB 33")  
Shot Put (6lb YG/ 4 kilos YB)  
High Jump  
Long Jump  
800/1500 Run YG/YB

**10:30 AM** IB & YM Decathlon (1st Day)  
100m Dash  
Long Jump  
Shot Put (12lb)  
High Jump  
400m Dash

#### Running Events:

**5:00 PM** 4 x 800 Relay Finals MG, MB, YG, YB, IG, IB  
YW/YM

Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303(h) in the Competition Rule Book.

All starting blocks and relay batons are provided. Do not bring your own.

### FRIDAY, July 6, 2012

#### Running Events

**8:00 AM** 2000m Steeplechase IG/YW (30")  
IB/YM (36")

**9:00 AM-** IG & YW Heptathlon (2nd Day)  
Long Jump  
Javelin (600g)  
800m Run

**9 AM-** IB & YM Decathlon (2nd DAY)  
110m Hurdles (39")  
Discus (1.6kg)  
Pole Vault  
Javelin (800 G)  
1500m Run

**9:30 AM –** BG-BB Triathlon  
Shot Put (6lb)  
High Jump  
200/400m Dash BG/BB

#### Racewalks

**10:00** 3000m Racewalk Finals IG, IB, YW, YM

**10:30** 3000m Racewalk Finals YG, YB

**11:00** 1500m Racewalk Finals BG, BB, MG MB

#### Relays

**1:00 PM** 4x400 Relay Qualifying All Divisions

**3:30** 4x100 Relay Qualifying All Divisions

**5:00** 800m Run Finals All Divisions

#### **FIELD EVENTS:**

#### Hammer Throw

**8:00 AM** IG/YW 4kg. IB/YM 12lb.

Athletes must provide own hammer.

#### JAVELIN:

**4:00 PM** Youth Girls (600g)

**5:30 PM** Youth Boys (600g)

**11:00AM** Long Jump SBB- Pit #1, SBG-Pit #2

#### SHOT PUT:

**11:30 AM** MB - (6lb)

**1:00 PM** MG - (6 lb)

## SATURDAY, July 7, 2012 Schedule

### RUNNING EVENTS

**8:00 AM** 3000m Run Finals YM  
**8:30 AM** 3000m Run Finals – MG/MB,  
 IG/IB/YG/YB/YW  
**10:45** Short Hurdle Qualifying  
 80m MG/MB (30")  
 100m YG (30")  
 100m YB/IG/YW (33")  
 110m IB/YM (39")

**11:30 AM** 400m Dash Qualifying All Divisions  
**1:15 PM** 100m Dash Qualifying All Divisions  
**3:00** 200m Dash Qualifying All Divisions  
**4:45** Long Hurdle Qualifying  
 200m YG/YB (30")  
 400m IG/YW (30")  
 400m IB/YM (36")  
**5:30** 4 x 100 Relay Finals All Divisions

### FIELD EVENTS

#### POLE VAULT

**9:00 AM** YG/IG/YW – must provide own pole

#### TRIPLE JUMP

**9:00 AM** YB – Pit# 2 /YG Pit #1  
**10:00 AM** IB – Pit # 2/IG Pit # 1  
**11:00 AM** YM – Pit# 2/YW Pit # 1

#### LONG JUMP:

**1:00 PM** BB -- Pit # 1/BG– Pit# 2  
**3:00** MB – Pit# 1/MG – Pit# 2

### HIGH JUMP

**9:00 AM** YM - Pit # 2  
**9:00 AM** BB - Pit#1  
**11:00 AM** IB - Pit # 2  
**11:00 AM** MB - Pit #1  
**1:00 PM** YB - Pit # 2

### SHOT PUT:

**8:30 AM** SBB - (2k) -Pit #1  
**8:30 AM** YM - (12lb) - Pit # 2  
**10:30 AM** YB - (4kg) -Pit #1  
**10:30 AM** IB - (12lb) - Pit # 2  
**1:00 PM** BB - (6 lb) - Pit #1

### DISCUS

**9:00 AM** MG – (1kg)  
**10:30** IG – (1kg)  
**12:00 PM** YG – (1kg)  
**1:30** YW – (1kg)

### JAVELIN

**8:00 AM** YW (600g)  
**8:30** IG (600g)

### MINI JAVELIN

**9:00 AM** BB (300g)  
**10:30 AM** BG (300g)  
**12:00 PM** MG (300g)  
**1:30 PM** MB (300g)

**SUNDAY, July 8, 2012 Schedule****RUNNING EVENTS**

8:00 AM	1500m Run Finals All Division
10:00 AM	Short Hurdles Finals
10:45 AM	100m Dash Finals
12:00 PM	400 M Dash Finals
1:45 PM	200m Hurdle Finals
2:00 PM	400m Hurdle Finals
2; 15 PM	200 m Dash Finals
4:00 PM	4 x 400 Relay Finals

**FIELD EVENTS:****POLE VAULT**

9:00 AM	YB/IB/YM – must provide own pole
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**DISCUS**

9:00 AM	YB (1kg)
10:30 AM	YM (1.6 kg)
12:00 PM	IB (1.6kg)
2:00 PM	MB (1kg)

**HIGH JUMP**

9:00 AM	YW - Pit # 2
9:00 AM	BG - Pit #1
11:00AM	IG - Pit# 2
11:00 AM	MG - Pit #1
1:00 PM	YG - Pit # 2

**SHOT PUT**

8:30 AM	YW (4kg) - Pit# 2
8:30 AM	SBG (2k) - Pit #1
10:30 AM	BG (6 lb)-Pit #1
10:30 AM	YG (6 lb) - Pit # 2
12:30 PM	IG (4kg) - Pit # 2

**LONG JUMP**

9:00 AM	YB – Pit# 2 /YG Pit #1
11:00 AM	IB – Pit # 2/IG Pit # 1
1:00 PM	YM – Pit# 2/YW Pit # 1

**JAVELIN**

8:00 AM	YM (800g)
8:30 AM	IB (800g)

**MINI JAVELIN**

9:30 AM	SBB (300g)
11:30 AM	SBG (300g)

**Implements for the Throws:** Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.