



**2013 USA Track & Field
Region 16
Junior Olympic Championships**

June 20-23

**North Carolina A&T State University
Greensboro, NC**

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2013 USA Track & Field USATF Region 16 Junior Olympic Championships Greensboro, North Carolina

Date: Thursday, Friday, Saturday, and Sunday - June 20-23

Site: North Carolina A&T State University
Greensboro, NC 27411

Eligibility: Competitors must be 2013 USATF AGE VERIFIED members. The top five (5) Individuals and Relays will qualify for the USATF National JO Championships at North Carolina A&T. The Combined Events will advance the top two (2) individuals and any others who meet an established performance standard

Age Div: Age divisions are determined by year of birth, i.e., their age on Dec. 31, 2013.

<u>Age Division</u>	<u>Year of Birth</u>
8 & Under	2005 and after *
9 – 10	2003 – 2004
11 – 12	2001 – 2002
13 – 14	1999 – 2000
15 – 16	1997 – 1998
17 – 18	1995 – 1996 **

**In order for an 8 & Under athlete to advance to the National Junior Olympics, he/she must turn seven by December 31, 2013*

*** Athletes born in 1994 are also eligible if his/her birthday falls on or after July 29, 2013.*

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

Individual	\$5.00 per each individual event
Relays	\$16.00 per relay

Combined-Events:

Triathlon/Pentathlon	\$8.00 per individual
Heptathlon/Decathlon	\$10.00 per individual

Entry Process: Online Entry Registration:

The Coach O online entry system, (www.coacho.com), must be used for the Junior Olympic Series beginning with the Region 16 JO Championships (North Carolina Association Championships). Date of birth (DOB) verification must be completed prior to entering the meet. ***The online entry system will not allow entry if DOB has not been verified in the membership record.*** Fees **MUST** be paid on Coach O by the deadline with a credit card after athletes are entered. **Entry deadline is Tues, June 18.**

Waivers**Participants:**

ALL athletes who participate in the USATF Junior Olympic Program must complete the Participant Waiver & Release Form. This form is already integrated in the online entry system and can be completed electronically if athletes enter individually. For team entries, the form must be downloaded and completed manually. All forms must be collected and passed on to the next level of the Junior Olympic Series.

National Junior Olympics

Athletes who compete in the Junior National Championships or World Youth Championships may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition and completion of the waiver and entry form to National meet can be acquired and turned in at each competition (Junior Nationals and World Youth Games). Entry fee into the National meet must accompany waiver/entry form. Representatives from the JO Nationals will be on site to receive these entries.

Relays:

Relays must be entered on Coach O; relay declaration sheets will not be used as in the past.

Protest:

All protests must be filed at the protest table, **within 30 minutes** of the posting of the results of the event. A cash fee of **\$50** must be submitted when filing protest. The money will be returned if the protest is upheld. **All** coaches must abide by the USATF rules and any supplemental polices or risk disqualification of an athlete or their team.

Awards:

First through fifth place finishers will receive USATF medals.

Intent to Advance to Nationals:

National qualifiers must declare on Coach O by midnight, July 16.

Facilities:

Eight (8) lane, all weather track. Finish Lynx timing will be used. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents may be placed in stands in designated areas only. Only ¼", pyramid spikes or running flats will be allowed on NC A&T's track. No street shoes will be allowed on the track.

Packet Pick-up:

Clubs and individual athletes will be able to obtain their race related information at *the Gold Helmet Room* Thursday, June 20, beginning at 7:30 AM and Saturday, June 23 thru Sunday, June 23 from 7:00AM to 6PM

Gate Fees:

Spectators: \$5.00 per day:

Free:

USATF Member coaches who have completed 2013 USATF background screening, participating athletes, children (under 10).

Warm up Area: Athletes may warm up on the designated field outside the track.

Call of Events:

Each competitor should report to the Clerk of Course on first call. 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:

If an athlete is not checked in and ready to move to the track by the Final call, they will be scratched.

Rules:

USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be adhered to strictly.

Rule 303 will be used to form heats and determine finalist for events requiring preliminaries. As determined by the Games Committee, in events where preliminaries are run and more than 48 athletes are entered, the top 8 times will advancement to the finals.

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.

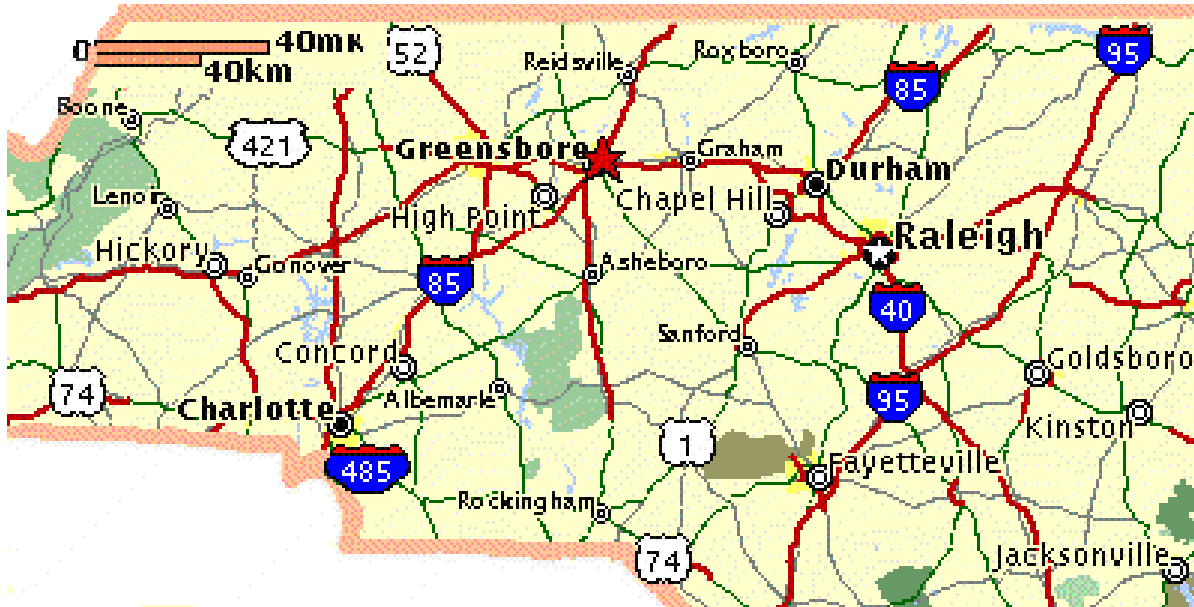
REGION 16 USATF JUNIOR OLYMPICS PARTICIPATING HOTELS

Hotel	Rate	Distance to Tracks	Reservations
Baymont Inn & Suites 2001 Veasley St. Greensboro, NC 27407	\$69.00	8 miles	336-294-6220
Clarion Hotel 415 S. Swing Rd. Greensboro, NC 27409	\$75.00	10 miles	336-315-1548
Crestwood Suites Airport 501 Americhase Dr. Greensboro, NC 27409	\$53.99Q \$62.99D	14 miles	336-886-1250
Drury Inn & Suites 3220 High Point Rd. Greensboro, NC 27407	\$90.00	8 miles	336-856-9696
Embassy Suites 204 Centreport Dr Greensboro, NC 27409	\$109.00	14 miles	336-668-4535
Fairfield Inn Airport 7615 Thorndike Rd. Greensboro, NC 27409	\$89.00	14 miles	336-841-0140
Holiday Inn Airport 6426 Burnt Poplar Rd. Greensboro, NC 27409	\$89.00	13 miles	336-668-0421
Holiday Inn Express Airport 645 Regional Rd. Greensboro, NC 27409	\$89.00	14 miles	336-882-0004
Holiday Inn Express Wendover 4305 Big Tree Way Greensboro, NC 27409	\$85.00	9 miles	336-854-0090
Homewood Suites 201 Centreport Dr. Greensboro, NC 27409	\$104.00	14 miles	336-393-0088
LaQuinta Inn & Suites 1201 Lanada Dr. Greensboro, NC 27407	\$87.00	9 miles	336-316-0100
Park Lane Hotel 3005 High Point Rd Greensboro, NC 27403	\$91.00	8 miles	336-294-4565
Quality Inn & Suites 3114 Cedar Park Rd. Greensboro, NC 27405	\$79.99	4 miles	336-697-4000
Sheraton Four Seasons 3121 High Point Rd. Greensboro, NC 27407	119.00	8 miles	336-292-9161
Wingate by Wyndham 6007 Landmark Cntr. Blvd. Greensboro, NC 27407	\$99.00	9 miles	336-854-8610

Be sure to ask for the USATF Junior Olympic Championships group rate

Rates do not include applicable sales and occupancy taxes.

Directions to North Carolina A&T State University
1601 E. Market Street
Durham, NC 27411



From Winston-Salem: (40 East / North 85 Business)

Travel on Interstate 40 East to Greensboro. Once in Greensboro, continue on Business 85 North to Old Exit #127 , now exit 39 (Highway 29 North, Reidsville Exit). Take Exit 39 onto HWY 29 North. Remain on HWY 29 North for approx. four miles. Take the West Market Street / N.C. A&T University Exit. Once you exit, yield to the right on Market Street. At the second stoplight, turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

From Charlotte (North 85 Business)

Travel on Interstate North 85 Business until you reach the city of Greensboro. Once in Greensboro, continue on I-85 North to Old Exit #127 , now exit 39 (Highway 29 North, Reidsville Exit). Take Exit 39 onto HWY 29 North. Remain on HWY 29 North for approx. four miles. Take the West Market Street / N.C. A&T University Exit. Once you exit, yield to the right on Market Street. At the second stoplight, turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

From Durham (Business 85 S/40 W)

Travel on Business 85 South / 40 West to Greensboro. Once in Greensboro, take Old Exit #128 now exit 41 (Lee Street Exit). Bear right and continue on Lee Street approximately 2.7 miles. Turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

From Reidsville (29 S)

Follow Highway 29 South into the city of Greensboro. Once in Greensboro, continue to follow 29 south for approximately six miles. Take the West Market St. / A&T University Exit. Turn right on Market Street. At the first stoplight, turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.



**REGION 16 (NC USA TRACK & FIELD ASSOCIATION)
2013 JUNIOR OLYMPIC CHAMPIONSHIPS
North Carolina A&T State University
Greensboro, NC
June 20-23, 2013**

Schedule of Events

THURSDAY

COMBINED EVENTS:

9:00 AM– 15-16 G & 17-18 W Heptathlon (1st Day)

100m Hurdles (33")
High Jump
Shot Put (4kg)
200m Dash

9:30 AM- 11-12 B&G Pentathlon

80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run 13-14 G/13-14 B

10:00 AM – 13-14 B&G Pentathlon

100m Hurdles (13-14 G 30"/13-14 B 33")
Shot Put (6lb 13-14 G/4 kilos 13-14 B)
High Jump
Long Jump
800/1500 Run 13-14 G/13-14 B

10:30 AM 15-16 B & 17-18 M Decathlon (1st Day)

100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

RUNNING EVENTS:

5:00 PM 4 x 800 Relay Finals (ALL)

Running Event Information

- ***RUNNING EVENTS MAY MOVE UP TO 30 MINUTES AHEAD OF SCHEDULE AFTER START***
- **Qualifying from heats via USATF rules, if the number of heats dictates (7 or more), top 8 times will advance to finals.**
- **If 8 or less show up for prelims, they will be run as finals at that time.**
- **Youngest age group first except where indicated.**
- **All starting blocks and relay batons are provided. Do not bring your own.**
- **All relay events will be run as finals, no prelims.**

FRIDAY

COMBINED EVENTS:

9:00 AM- 15-16 G & 17-18 W Heptathlon (2nd Day)

Long Jump
Javelin (600g)
800m Run

9 AM- 15-16 B & 17-18 W Decathlon (2nd DAY)

110m Hurdles (39")
Discus (1.6kg)
Pole Vault
Javelin (800g)
1500m Run

9:30 AM – 9-10 G/9-10 B Triathlon

Shot Put (6lb)
High Jump
200/400m Dash 9-10 G/9-10 B

RUNNING EVENTS:

**8:00 AM 2000m Steeplechase 15-16 G/17-18 W (30")
15-16 B/17-18 M (36")**

Race Walks (Finals)

10:00 3000m 15-16 G/B & 17-18 W/M
10:30 3000m 13-14 G&B
11:00 1500m 9-10 & 11-12 G&B

800 Meters (Finals)

5:00 800m Run All Divisions

FIELD EVENTS:

Hammer Throw

9:00 AM 15-16/17-18 W (4kg).15-16/ 17 M (12lb)
Athletes must provide own hammer.

Javelin:

4:00 PM 13-14 G (600g)
5:30 PM 13-14 B (600g)

Long Jump:

11:00AM 8&U G Pit #1/8&U B-Pit #2

Shot Put:

11:30 AM 11-12 B (6lb)
1:00 PM 11-12 G (6 lb.)

SATURDAY

RUNNING EVENTS:

8:30 AM	3000m Run Finals All ages
10:45	Short Hurdles Qualifying
	80m 11-12 B/G (30")
	100m 13-14 G (30")
	100m 13-14 B/15-16 G & 17-18 W (33")
	110m 15-16 B/17-18 M (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 Hurdles Qualifying
	200m 13-14 B/G (30")
	400m 15-16/17-18 W (30")
	400m 15-16/17-18 M (36")
5:30	4 x 100 Relay Finals All Divisions

FIELD EVENTS:

Pole Vault

9:00 AM All Females – must provide own pole

Triple Jump

9:00 AM	13-14 G Pit #1 / 13-14 B Pit #2
10:00 AM	15-16 G Pit #1 / 15-16 B Pit #2
11:00 AM	17-18 W Pit #1 / 17-18 M Pit #2

Long Jump

1:00 PM	9-10 G Pit #1 / 9-10 B Pit #2
3:00	11-12 G Pit #1 / 11-12 B Pit #2

High Jump

9:00 AM	17-18 B Pit #2
9:00 AM	9-10 B Pit #1
11:00 AM	15-16 B Pit #2
11:00 AM	11-12 B Pit #1
1:00 PM	13-14 B Pit #2

Shot Put

8:30 AM	8&U B (6 lb.) Pit #1
8:30 AM	17-18 M (12lb) Pit #2
10:30 AM	13-14 B (4kg) Pit #1
10:30 AM	15-16 B (12lb) Pit # 2
1:00 PM	9-10 B (6 lb.) Pit #1

Discus

9:00 AM	11-12 G (1kg)
10:30	13-14 G (1kg)
12:00 PM	15-16 G (1kg)
1:30	17-18 W (1kg)

Javelin

9:00 AM	17-18 W (600g)
10:00 AM	15-16 Girls (600g)

Mini-Javelin

9:00 AM	9-10 G (300g)
10:30 AM	9-10 B (300g)
12:00 PM	11-12 G (300g)
1:30	11-12 B (300g)

SUNDAY

RUNNING EVENTS (All Finals):

8:00 AM	1500m Run
10:00 AM	Short Hurdles
10:45 AM	400 M Dash
12:30 PM	200m Hurdles
12:45 PM	400m Hurdles
1:00 PM	100m Dash
2:15 PM	200 m Dash
4:00 PM	4 x 400 Relay

FIELD EVENTS:

Pole Vault

9:00 AM All Males – must provide own pole

Discus

9:00 AM	13-14 B (1kg)
10:30 AM	17-18 M (1.6 kg)
12:00 PM	15-16 B (1.6kg)
2:00 PM	11-12 B (1kg)

High Jump

9:00 AM	17-18 W Pit # 2
9:00 AM	9-10 G Pit #1
11:00 AM	15-16 G Pit # 2
11:00 AM	11-12 G Pit #1
1:00 PM	13-14 G Pit # 2

Shot Put

8:30 AM	8&U G (6lb) - Pit #1
8:30 AM	17-18 W (4kg) - Pit # 2
10:30 AM	13-14 G (6 lb.) - Pit # 1
10:30 AM	15-16 G (4kg) - Pit # 2
1:00 PM	9-10 G (6 lb.) Pit #1

Long Jump

9:00 AM	13-14 G Pit #1/ 13-14 Boys Pit #2
11:00 AM	15-16 G Pit #1/ IB Pit # 2
1:00 PM	17-18 W Pit # 1 /17-18 M Pit #2

Javelin

9:00 AM	17-18 M(800g)
10:00 AM	15-16 B (800g)

Mini-Javelin

9:30 AM	8&U G (300g)
11:30 AM	8&U B (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.

Field Events will not start before scheduled time.