



June 21-24 North Carolina A&T State University
Greensboro, NC

Meet Director: Frank Davis email: dstmeets@durhamstriders.com

Web site: www.northcarolina.usatf.org



Date: Thursday, Friday, Saturday, and Sunday – July 21-24

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

Eligibility: Competitors must be 2018 USATF AGE VERIFIED members. The top five (5) Individuals and Relays will qualify for the USATF National JO Championships at North Carolina @&T State University in Greensboro, NC.

AGE DIV: Age divisions are determined by year of birth, i.e., their age on Dec. 31, 2018.

Age Division	Year of Birth
6 & Under	2012 and after
7 -- 8	2010 - 2011
9 - 10	2008 – 2009
11 – 12	2006 – 2007
13 – 14	2004 – 2005
15 – 16	2002 – 2003
17 – 18	2000 – 2001 and 1999 if date of birth is after July 29, 2018

An athlete must compete in his/her age division only.

**In order for an 8 & Under athlete to advance to the National Junior Olympics, he/she must turn seven by December 31, 2018*

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

Entry Process: Online Entry Registration:
Entries can only be made on-line at Athletic.net. Athletic.net will be used for the Junior Olympic Series beginning with the Association JO Championships. The entry deadline is Monday, June 19, 2018.

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.

National Junior Olympics

Athletes who compete in the Junior National Championships may be entered in the National Junior Olympic meet without having to compete in the Regional meet provided 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 the Junior Nationals. Entry fee into the National meet must accompany waiver/entry form. Representatives from the JO Nationals will be on site to receive these entries.

- 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 eight place finishers will receive USATF medals.
- Intent to Advance to Nationals:
National qualifiers must declare on Athletic.net by midnight, *TBD*
- 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 the 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 *Packet Pick-up* on Thursday, June 21, beginning at 7:30 AM and Friday thru Sunday, from 7:00AM to 6PM
- Gate Fees: Spectators:
\$5.00 per day; 4 Day Pass \$15.00
Senior Citizens (55 & older) \$4.00 per day; 4 Day Pass \$12.00

Free USATF Member coaches who have completed 2018 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. Athletes must report to the Field Judge first and request permission to be excused to compete in a running event: If an athlete is not checked in and ready to move to the track by the final call, they will be scratched.

Rules: 2018 USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be strictly adhered to.

In events that require preliminary rounds, the top eight times will qualify for the finals, per rule 303 (5).

Relays managed per Rule 302.2(f), 302.3 and the new, Rule 170/Relay Races/Paragraph 3:

- In the 4x100m, and the 4x200m, the first and second exchanges in the 'Swedish' Medley and the outdoor Sprint Medley relays, each takeover (exchange) zone shall be 30m long, of which the scratch line is 20m from the start of the zone.
- In other words, the exchange zone is now 30m long.

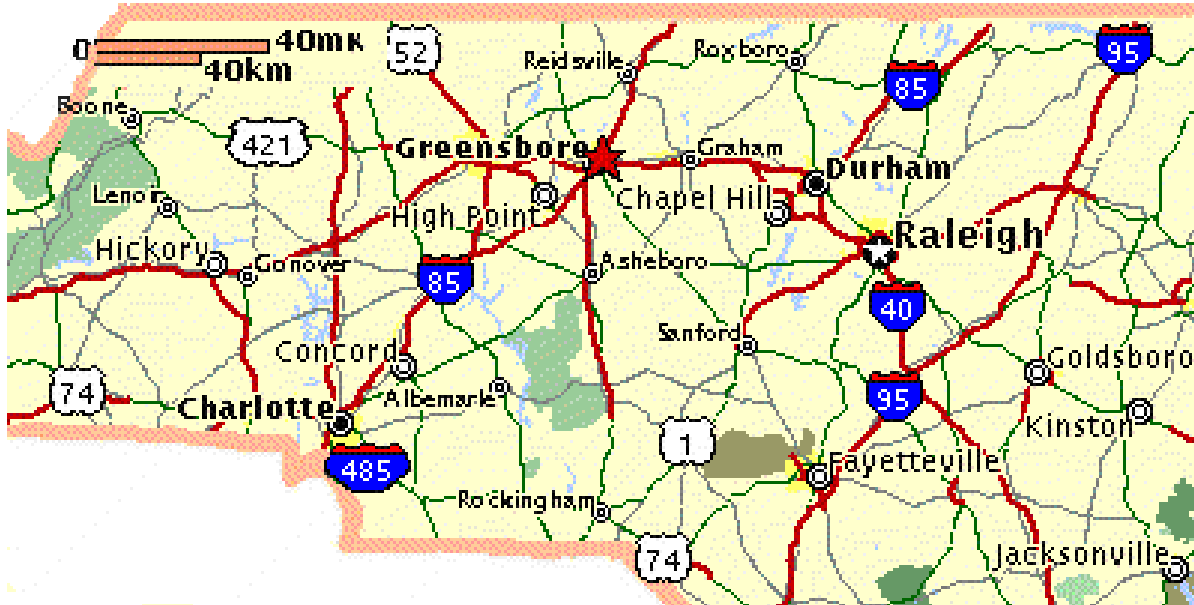
No coaches allowed on the track or field event area except for injuries.

Participating Hotels	Rate	Complimentary Wi-Fi	Complimentary Breakfast	Cutoff Date	To: A & T Track 1601 E. Market Street Greensboro, NC 27401
Baymont Inn & Suites 2001 Veasley St. 336-294-6220	\$69.99	Yes	Yes		8 miles
Battleground Inn 1517 Westover Terrace 336-294-6220	\$129.00	Yes	Yes		4 miles
DoubleTree by Hilton 3030 W Gate City Blvd 336-292-4004	\$129.00	Yes	Yes		8 miles
Quality Inn & Suites - Airport 7067 Albert Pick Rd 336-668-3638	\$79.99 - \$119.99	Yes	Yes		15 miles
Red Roof Inn Coliseum 2101 W. Meadowview Road 336-852-6560	\$79.99 - \$84.99	Yes			8 miles

More to be added.

Be sure to ask for the USA Track and Field 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.



**North Carolina A&T State University
Greensboro, NC
June 21-24**

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 prelims to finals via USATF rules.
- If 8 or less show up for prelims, they will be run as finals at that time.
- All starting blocks and relay batons are provided. Do not bring your own.

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 M 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 All
11:00 1500m All

Relays

1:00 PM 4x400 Relay Qualifying (All Divisions)
3:30 4x100 Relay Qualifying (All Divisions)

800 Meters

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:

12:00 PM 13-14 G (600g)
1:30 PM 13-14 B (600g)

Long Jump:

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

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

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

9:00 AM	17-18 M (12lb)
10:30 AM	15-16 B (12lb)
12:00 PM	13-14 B (4kg)
1:30 PM	11-12 B (6lb)
3:00 PM	9-10 B (6lb)
4:30 PM	8&U B (2kg)

Discus

10:30 AM	11-12 G (1kg)
12:00 PM	13-14 G (1kg)
..1:30	15-16 G (1kg)
3:00	17-18 W (1kg)

Javelin

8:00 AM	15-16 G (600g)
9:30 AM	17-18 W (600g)

Mini-Javelin

9:00 AM	9-10 G (300g)
10:30 AM	9-10 B (300g)

Aero Javelin

12:00 PM	11-12 G (450g)
3:30	11-12 B (450g)

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

11:30 AM	13-14 B (1kg)
1:00 PM	17-18 M (1.6 kg)
2:30 PM	15-16 B (1.6kg)
4:00 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

8:00 AM	17-18 W(4kg)
9:30 AM	15-16 G (4kg)
11:00 AM	13-14 G (6lb)
12:30 PM	11-12 G (6lb)
2:00 PM	9-10 G (6lb)
3:30 PM	8&U G (2kg)

Long Jump

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

Javelin

8:00 AM	17-18 M(800g)
10:30 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.