



# USA Track & Field POTOMAC VALLEY

## 2016 Junior Olympics Association Championship

June 17-19, 2016 at Prince Georges' Sports  
and Learn Complex (PGSLC), 8001 Sheriff Rd  
Landover, MD 20785

Youth Chair: Quentin Wilson (410) 302-9079  
Meet Director: Barbara Smith/Quentin Wilson  
Meet Referee: Phillip Barrett Sr.

**MEET CAN RUN UP TO THIRTY MINUTES AHEAD OF SCHEDULE**

### **Advancement to the PVA JO Championship**

First through six place finishers in the Association's Local Preliminary Qualifying meets, including relays, qualify to compete in the Potomac Valley Association Track & Field Championships to be held Friday, Saturday & Sunday at PGSLC. The Combined-Events will be advanced to the Regionals Championship. The athlete or club must register any advanced events online to move to the next level.

The 15-16 through 17-18 Divisions received a BYE to the Association. They must register online at the site below to enter at the Association Championship.

All **advancements, 15-16, 17-18 and Unattached athletes will be done online at:**

**<http://www.Athletic.net>**

**For ALL AGE DIVISIONS by the team and/or unattached athlete.**

**Registration online will conclude midnight June 12<sup>th</sup>, 2016 for both sites.**

Athletes participating in individual and combined-events must pay both entry fees.

· Individual	\$ 6 for each individual event
· Relays	\$ 24 per relay
· Combined-Events	\$ 10/16 per individual

### **Packet Pick-Up**

Athletes will be able to obtain their competition numbers and related information as follows:

Friday June 17, from 3:00pm to 7:00pm Saturday and Sunday June 18-19 7AM-6PM at Prince Georges Sports & Learn Complex

### **Call for Events**

Each competitor must report to the Clerk of Course 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 to be excused. For all events, calls are not required, however if they are made as a courtesy, they will be as follows:

- First call
- Second call
- Third and Final
- If you are not checked in and ready to move to the track after the final call you will be scratched.

**Note: The event will be closed for check-in 15 minutes prior to the event.**

### **Warm Up Area:**

Athletes may warm up on the fields and trails adjacent to the track.  
**WARMING UP ON THE TRACK WILL NOT BE ALLOWED.**

### **Schedule**

The time schedule for all events will be followed as closely as possible. An event can start no more than 30 minutes early. Please arrive at the track and be ready to compete when your event is called or scheduled. Please check the time schedule carefully to plan for any potential conflict with each event.

### **Awards**

First through third will receive USATF medals; fourth through eighth will receive championship medals.

### **Rules**

USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be adhered to strictly. Rule books may be obtained from the USATF National office.

Track shoes with spikes are not to exceed ¼" in length or running flats must be worn. No street shoes will be allowed on the track. There is no specific uniform required. However, all competitors must wear shorts and shirts. Each member of a relay team must wear the same color shirt and in National or National competition the teams must also wear shorts and shirt of a same color..

**Advancement to the finals** in the 100, 200, 400, Short Hurdles, and Long Hurdles events will be based on places first and then time within the qualifying heat according to Rule 303 in the Youth Athletics Handbook.

### **Relay Rules:**

A relay team shall consist of four members. Qualification of a relay team entitles the club represented by that team to enter a team in the same event at the next higher level of competition. (This shall apply to both the Youth Athletics and Junior Olympic Championship.) The composition of the team need not be the same throughout the rounds or various levels of competition. To become a relay team member, an athlete must have been a member on that club when the roster was downloaded from the USATF database at the first level of competition. No alterations may be made after it has been submitted at this level.

1. To enter a relay, a club must enter a minimum of four and a maximum of six athletes.
2. All competitors listed on the official roster are eligible to compete if they are entered in the meet in individual events or other relays.
3. The composition of the team will be determined by the primary entrants of the club. Changes to the composition of a relay may be made prior to the start of the event by submitting the appropriate change form to the Clerk of the Course no later than one hour prior to the scheduled check-in time for the event. The Clerk will validate

the number of events in which the athlete is competing. Only athletes listed on the official roster of the club, who are entered in the meet, are eligible to run.

4. An athlete may drop an event to compete on a relay team as long as he/she has not competed in any round of that event. This should be noted in the proper space on the change form. The Clerk shall make the appropriate change on the competition number..
5. Violation of the above rules shall be reason for disqualification.

\*\* Entry of an athlete into an event will be counted as participation in an event unless a "CHANGE FORM" is submitted to the designated "CHANGE CLERK" in the clerking area at least one hour before the scheduled check-in time. The "CHANGE FORM" will be a multi-part form that is signed, dated, and time stamped by the clerk. One copy will be filed by the clerk, one copy will go to the coach submitting the change, and one copy will be forwarded to press box for updating the meet database. Please be aware that the coach retains responsibility to make sure the athletes have the necessary "CHANGE FORMS" submitted prior to competition.

**NO COACHES ARE ALLOWED ON THE TRACK, FIELD OR CLERKING AREAS, EXCEPT TO CHECK ON AN INJURED ATHLETE.** All protests must be filed at the protest table by the team captain, the coach or the individual competitor, if competing unattached. A parent may file for an unattached runner. Protest fee is \$50.00. All coaches **MUST** abide by the USATF rules and any supplemental rules or risk disqualification of an athlete or their team.

**GATE FEES: \$5.00 per day or 3 day pass \$12.00  
Senior Citizens (55 & older \$4.00 per day: 3 Day  
Pass \$10.00)**

**FREE FOR:**

**USATF member background screened coaches,  
participating athletes, children (6 and Under),  
volunteers and officials.**

**PARKING & DIRECTIONS TO THE COMPLEX**

**DIRECTIONS:**

**From 495: Take Landover Road exit 17B. Get into left lane off the ramp onto Landover Road. Take left onto Bright seat Road. Follow green overhead signs through the traffic light onto Redskins Road. Follow Redskins Road around to Fed Ex Way. Take right onto Hills Oaks Road. FedEx Green Lot B3 & B4 on the right.**

**Regional Advancement**

THE TOP EIGHT (8) FROM THE Association Championship ADVANCES TO THE Regional 3 JO Championship at Prince George's Sport and Learn Complex July 7-10, 2016.

**National Advancement Information**

First through fifth place finishers including relays, qualify to compete in The National Junior Olympic Track & Field Championships will be held at **Sacramento State University Sacramento, CA July 25 – 31, 2016**

**Intent to Advance**

A competitor finishing in one of the top five places with the intent to attend the **National**, **MUST** declare his or her intent to advance in the Junior Olympics by advancing online at within forty eight hours of the posted advancement file of who qualified.

**Any athlete participating in the Junior National or World Youth Trials will be given a BYE to the National J/O Championship providing proof of their participation has been submitted to meet management. BYES are only given to individual events.**

Track and field shall advance five individuals and five relay teams from the **Region 3 Championship** to National with an exception for the Combined-Events. In the Combined-Events only the first two places automatically qualify. Any athlete that meet the qualifying standard listed below at the Region 3 Championship can advance to Nationals.

**2016 JUNIOR OLYMPIC COMBINED EVENTS PERFORMANCE STANDARDS**

Age Group Event Standard

9 – 10 Boys Triathlon 500	9 – 10 Girls Triathlon 988
11 – 12 Boys Pentathlon 2137	11 – 12 Girls Pentathlon 2396
13 – 14 Boys Pentathlon 2545	13 – 14 Girls Pentathlon 2751
15 – 16 Boys Decathlon 5010	15 – 16 Girls Heptathlon 3949
17 – 18 Men Decathlon 5585	17 – 18 Women Heptathlon 4331

Junior Olympics National Championships & Youth Athletics  
National Championships:

– Individual	\$ 8.00 per event
– Relays	32.00 per relay
– Triathlon/Pentathlon	20.00 per individual
– Heptathlon/Decathlon	24.00 per individual