



USA Track & Field

2016 Region III Junior Olympics Championship

July 7-10, 2016 at Prince Georges' Sports
and Learn Complex (PGSLC), 8001 Sheriff Rd
Landover, MD 20785
Region Coordinator: Henry McCallum

Youth Chair: Quentin Wilson (410) 964-0474
Meet Directors: Eugene Neal/Phillip Barrett Sr
Meet Referee: Henry McCallum Jr.
Head Official: Dr. William Price

Advancement to the REGION 3 JO Championship

The top eight individuals and relay teams in each event of each age division will advance to the USATF Region III Championships to be held on **July 7 - 10** at **The Prince George's County Sports and Learning Complex in Landover Md.** The Combined-Events will take place on Thursday, July 7 and Friday, July 10.

All advancements will be done online at :

www.athletic.net

**Registration online will conclude midnight
July 3rd, 2016**

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

- Individual \$ 7 for each individual event
- Relays \$ 28 per relay
- Combined-Events \$ 14/20 per individual

Packet Pick-Up

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

Thursday thru Sunday July 7-10 7AM-4PM 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.

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 fifth place will receive USATF medals; sixth 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 for the 14 and under events. The 15-18 events will be top eight times to finals.

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 Preliminary level. 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.
2. 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.

3. 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..
4. 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 OR FIELD, 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.

Intent to Advance

A competitor finishing in one of the top eight places with the intent to attend the **Region 3 Championship**, **MUST** declare his or her intent to advance in the Junior Olympics by advancing online within forty eight hours of the posted advancement file of who qualified.

Athletes in the 15-16 and 17-18 Divisions participating in the NEW BALANCE meet the week of their association championship meet will be given a BYE to the Region 3 championship only. BYES are only given to individual events.

The link to register to advance to Region 3 Championship is: www.athletic.net

National Advancement Information

First through fifth place finishers including relays, qualify to compete in the National Junior Olympics Track & Field Championships to be held at **California State University Sacramento, California July 25-31, 2016**. The **combined events shall advance the top two placed individuals** and anyone else that meet the National JO standard at the regional Championship..

The link to register to advance to the JO National is: www.athletic.net

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.

The National Junior Olympic Track & Field Championships will be held at **California State University Sacramento, California July 25-31, 2016**. 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 and any athlete that meet the qualifying standard listed below at the Region 3 Championship can advance to Nationals.

9-10 Boys Triathlon	629	9-10 Girls Triathlon	932
11-12 Boys Pent	1995	11-12 Girls Pentathlon	2339
13-14 Boys Pent	2481	13-14 Girls Pentathlon	2692
15-16 Boys Decath	5088	15-16 Girls Heptathlon	3714
17-18 Boys Decath	5891	17-18 Girls Heptathlon	4268

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

GATE FEES: \$5.00 per day or 4 day pass \$15.00 Senior Citizens (55 & older \$4.00 per day: 4 Day Pass \$12.00)

FREE FOR:

USATF 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.

HOUSING:

Use these keywords when making reservations at all hotels- Region 3 JO Championship

Host Hotel: Double Tree Largo \$129+tax Deniece Coke 301-773-0700 1.1 miles from Complex
enter promo code: **Region 3 JO Championship** Free buffet breakfast for up to four people per room.

Host Hotel:Best Western Ph:301-459-1000 \$89.99
Free Breakfast 3.5 miles from Complex

Courtyard New Carrollton 8330 Corporate Drive
Landover, MD 20785 Ph:800-321-2211 \$105 plus tax
2.0 miles from Complex

Residence Inn Largo, MD Ph: 301-925-7806 \$149.00
Free Breakfast 1.3 miles from Complex