



2015 USA Track & Field Region III Junior Olympics Championships

July 9-12, 2015 at Hampton University

100 E. Queen St.
Hampton, VA 23668

Youth Chair: Tony Vaughn usatfvayouthchair@gmail.com

Region 3 Coordinator: Henry McCallum hmcca77@verizon.net

Advancement to the Regional Meet:

First through eight 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 Hampton University. Multi event competition will begin on Thursday, July 9th at 9:00 a.m. and running events will begin Thursday, July 9th @ 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.

North Carolina – Chris Coleman – (919) 812-2001 Youth@NorthCarolina.usatf.org

Potomac Valley – Quentin Wilson – (410) -302-9079 Qwilson@verizon.net

Virginia – Tyrone Vaughn – (757) 434-3192 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 9th thru Sunday July 12th 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 2015 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 from 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 Hampton University'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/DECLARATION:

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 [University of North Florida \(UNF\)](#) – Hodges Stadium - Jacksonville, FL from July 27rd thru August 2, 2015. 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 8 and Under age division will compete at the National Junior Olympic Track & Field . The 8 and Under must be at least seven by December 31, 2015 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 15, 2015. 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.

Directions to Hampton University

From the **South 95 or 85:**

- Take North to 58 East .
- Take 58 East to 64 East
- Take exit 28A to merge onto I-64 E toward Norfolk/Virginia Beach
- Take Exit 267 toward E Tyler St
- Continue straight onto E Tyler St

From the **North:**

- I-95 South
- Take exit 84A on the left merge onto I-295 toward Rocky Mt. NC/Richmond Interchange
- Take exit 28A to merge onto I-64 E toward Norfolk/Virginia Beach
- Take Exit 267 toward E Tyler St
- Continue straight onto E Tyler St

2015 USA Track & Field

Schedule-Region III Junior Olympics Championships

July 9-12, 2015 at Hampton University

Youth Chair: Tony Vaughn

THURSDAY, July 9, 2015

- 9:00 AM-** 15-16 & 17-18 G Heptathlon (1st Day)
100m Hurdles (33") IB/YM (36")
High Jump
Shot Put (4kg)
200m Dash
- 9:30 AM-** 11-12 G & B Pentathlon
80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run 11-12 G & B
- 10:00 AM -** 13-14 G & B Pentathlon
100m Hurdles (13-14 G 30"/ 3-14 B 33")
Shot Put (6lb YG/ 4 kilos YB)
High Jump
Long Jump
800/1500 Run 13-14 G&B
- 10:30 AM** 15-16 & 17-18 B Decathlon (1st Day)
100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

Running Events:

5:00 PM 4 x 800 Relay Finals 11-12, 13-14, 15-16, 17-18
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 10, 2015

Running Events

- 8:00 AM** 2000m Steeplechase 15-16 & 17-18 G (30") 15-16 & 17-18 M (36")
- 9:00 AM-** 15-16 & 17-18 G Heptathlon (2nd Day)
Long Jump
Javelin (600g)
800m Run
- 9 AM-** 15-16 & 17-18 M Decathlon (2nd DAY)
110m Hurdles (39")
Discus (1.6kg)
Pole Vault
Javelin (800 G)
1500m Run
- 9:30 AM -** 9-10 G & B Triathlon
Shot Put (6lb)
High Jump
200/400m Dash 9-10 G&B

Racewalks

- 10:00** 3000m Racewalk Finals 15-16 & 17-18 G & B
- 10:30** 3000m Racewalk Finals 13-14 G & B
- 11:00** 1500m Racewalk Finals 9-10 & 11-12 G & B

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 Contested at Christopher Newport

- 8:00 AM** 15-16, 17-18 Girls 4kg. 15-16, 17-18 Boys 12lb.
Athletes must provide own hammer.

JAVELIN:

- 4:00 PM** 13-14 Girls (600g)
- 5:30 PM** 13-14 Boys (600g)
- 11:00AM** Long Jump 8&U B Pit #1, 8&U G-Pit #2

SHOT PUT:

- 11:30 AM** 11-12 Boys - (6lb)
- 1:00 PM** 11-12 Girls- (6 lb)

SATURDAY, July 11, 2015 Schedule

RUNNING EVENTS

8:00 AM 3000m Run Finals 17-18 Boys
8:30 AM 3000m Run Finals – 11-12, 13-14, 15-16,
 17-18 Girls & Boys
10:45 Short Hurdle Qualifying
 80m 11-12 Girls & Boys (30")
 100m 13-14 Girls (30")
 100m 13-14 Boys 15-16 & 17-18 Girls (30") (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 13-14 Girls & Boys (30")
 400m 15-16 & 17-18 G (30")
 400m 15-16 & 17-18 B (36")
5:30 4 x 100 Relay Finals All Divisions

FIELD EVENTS

POLE VAULT Will be contested at Darling Stadium

9:00 AM 13-14, 15-16, 17-18 Girls – must provide
 own pole

TRIPLE JUMP

9:00 AM 13-14 Boys – Pit# 2 /YG Pit #1
10:00 AM 15-16 Boys – Pit # 2/IG Pit # 1
11:00 AM 17-18 Boys – Pit# 2/YW Pit # 1

LONG JUMP:

1:00 PM 9-10 Boys -- Pit # 1/9-10 Girls– Pit# 2
3:00 11-12 Boys – Pit# 1/11-12 Girls – Pit# 2

HIGH JUMP

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

SHOT PUT:

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

DISCUS

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

JAVELIN

8:00 AM 17-18 Girls (600g)
8:30 15-16 Girls (600g)

MINI JAVELIN

9:00 AM 9-10 Girls (300g)
10:30 AM 9-10 Boys (300g)
12:00 PM 11-12 Girls (300g)
1:30 PM 11-12 Boys (300g)

Will be contested at Darling Stadium

SUNDAY, July 12, 2015 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 Will be contested at Darling Stadium**

9:00 AM	13-14, 15-16, 17-18 Boys – must provide own pole
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DISCUS Will be contested at Darling Stadium

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

HIGH JUMP

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

SHOT PUT

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

LONG JUMP

9:00 AM	13-14 Boys – Pit# 2 /YG Pit #1
11:00 AM	15-16 Boys– Pit # 2/IG Pit # 1
1:00 PM	17-18 Boys– Pit# 2/YW Pit # 1

JAVELIN

8:00 AM	17-18 Boys (800g)
10:00 AM	15-16 Boys (800g)

MINI JAVELIN

9:30 AM	8&U Boys (300g)
11:30 AM	8&U Girls (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.

Address to Darling Stadium: **FOR DISCUS THROWERS ONLY**

Darling Stadium
4111 Victoria Boulevard
Hampton, VA 23669