



2017 USATF Region 4 Junior Olympic Track & Field Championships

July 6 - 9, 2017

*University of North Florida (UNF) Hodges Stadium
1 UNF Drive
Jacksonville, FL 32224*

Meet Director: Name: Angela D. Harris
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PACKET PICKUP: Thursday – Sunday: University of North Florida (UNF) Hodges Stadium 6:00 a.m. – meet conclusion

THERE WILL BE NO COACHES MEETING

PLEASE VERIFY ENTRIES ARE CORRECT PRIOR TO CLOSING OF MEET REGISTRATION

Age Divisions

8 & under (born 2009 +)

Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

9 - 10 (born 2007-2008)

11 - 12 (born 2005-2006)

13 - 14 (born 2003-2004)

15 - 16 (born 2001-2002)

17 - 18 (born 1999-2000)

Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2017 members of USATF in good standing.

Relay Teams: Only registered 2017 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit www.usatf.org/membership.

ENTRY PROCESS:

Individual Entries: \$7 per event

Relay Entries: **\$28** per relay team

Decathlon/Heptathlon: **\$20** per event

Triathlon/Pentathlon: **\$15** per event

Club Administrators and Unattached Athletes should register online at

https://usatfregistration.com/track/entry/fl_usatfregion16 by **July 2nd at 11:59 PM EST**. **Late entries will not be allowed.** Online registration opens **March 9, 2017**. **Fees must be paid online by the close of registration.**

Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Coach O for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://coachoregistration.com/meet/entry/assets/videos/usatf/index.html>.

Valid 2017 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

WAIVER: All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed electronically; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

AWARDS: USATF Junior Olympic medals will be awarded to the top five (5) individuals and the top five (5) relay teams in each event of each age division. Awards can be picked up at the awards tent approximately 30 minutes after the conclusion of the event. **Medals will not be mailed to the athlete's home.** It is the responsibility of the athlete, coach or parent to pick up awards before leaving the meet.

ADVANCEMENTS: The National Junior Olympic Championships will be held from Monday, July 24th to Sunday, July 30th in Lawrence, KS. The top 5 athletes at the Region 4 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp>

IMPLEMENT WEIGH-IN: Athletes can bring their own throwing implements (Javelin, Turbo-Javelin, Shot Put and Discus). Athletes competing in the pole vault must bring their own pole vault pole(s). The location and time will be posted when the final meet schedule is posted.

IMPLEMENTS FOR THE THROWS: Athletes 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.

ATHLETE/EVENT CHECK-IN: It is the athletes' responsibility to hear the calls and report to their event venue on the first call for their division. It is recommended that athletes check in for their event at least 45 minutes before their scheduled event. All athletes will be required to remain in the designated warm-up areas after checking in. Field event athletes should report directly to the field event venue. Track event athletes should report to the clerking area.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of **\$10**. Bib numbers will be distributed to athletes during packet pickup. Replacement bib numbers can be purchased at the Registration Table/Tent.

ARM BANDS: All competitors must wear their armbands during competition for the duration of the meet. If an athlete loses or destroys the armband, a replacement can be purchased for a fee of **\$10**. Armbands will be distributed to athletes during packet pickup. Replacement armbands can be purchased at the Registration Table/Tent.

HIP NUMBERS: Hip numbers will be issued at clerk of the course and will be required for all running event competitors during their event. The clerk of course will indicate which side and location to wear the hip numbers at check-in time.

EVENT RESULTS: During competition, event results will be live and posted at the facility. The location will be announced during the meet. In addition, event results will be posted at: <http://florida.usatf.org/Youth/Youth-Results.aspx> and www.athletic.net.

PROTESTS: There will be a **\$50.00** fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

RULES – CONDUCT & FACILITY: The University of North Florida has a Smoke Free Environment. No smoking will be allowed in the stadium. Coaches and Parents will not be allowed on the field. The 2017 USATF Region 4 Junior Olympic Track & Field Championships is an event for youth athletes. The youth athletes participating and attending this event will undoubtedly model the conduct of the adults, parents, coaches and yes, meet management. Everyone associated with the 2017 USATF Region 4 Junior Olympic Track & Field Championships, including spectators, are encouraged to conduct themselves in a professional manner and maintain order in their team's area and throughout the facility. We discourage any behavior that is loud, rude or otherwise detrimental to the conduct of the championships. Anyone conducting themselves in this manner will be asked to leave the premises by officials, meet director, meet referee or meet management.

GATE ADMISSION FEES: **\$5.00 per day; \$16 for a 4-day pass. Children 5 and under are free.**

TENTS: Tents will not be allowed in the stadium bleachers. There will be a designated area for tents.

SHOWER & LOCKER ROOMS: Shower or locker room facilities are not available for competing athletes at the track & field venue. All competitors must come to the track dressed and ready to compete.

RESTROOM FACILITIES: Restroom facilities will be available at the track & field venue.

ATHLETE WARM-UP: Warm up field is adjacent to actual competition track. The track will open one hour prior to the 1st running event of each day.

RUNNING EVENT RULES: The top eight (8) fastest times from the semi-final will advance to the final. If there are

eight (8) or fewer entries in the semi-final, then that event will be ran as a final at the semi-final time. The 4x400m relays will run a three-turn stagger with up to eight (8) teams per heat. The 4x800 relays will run a one-turn stagger with up to 18 teams per heat. Combining heats/divisions is at the discretion of the Meet Director.

FIELD EVENT RULES: Each competitor will have a total of three (3) preliminary attempts and three (3) final attempts for finalists for throws and horizontal jumps. Athletes who must leave for another event must check out with the Field Event Official.

In the vertical jumps, within a division, once the bar moves up, it will not move down for any reason. If excused during a round the athlete must return prior to the conclusion of that round or forfeit remaining attempts.

FOOD/DRINK/COOLERS: There will be concessions available. Team/Athlete coolers will be allowed; however, **NO GLASS CONTAINERS** are permitted. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

EVENT SCHEDULES: The Final Meet Schedule will be posted after entries close. The event order will not change but start times may differ according to number of entries. Age groups of like sex may be combined in distance races/walks, which have minimal participation. Event Schedules will be available at registration.

INCLEMENT WEATHER: The Meet Director has the option of delaying or temporarily halting the meet in the event of bad weather and resuming when weather permits. The format of the meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and the Games Committee.

MEDICAL: Emergency Medical personnel are on call. Athletic trainers will be available to athletes. Ice and water will be provided for injuries only. Athletic trainers will not tape athletes prior to competition. ***Athletic Trainers are only available in case of injury.***

FLUIDS: Meet management will provide water in certain competition areas.

WEATHER: The average high temperature in Jacksonville during the month of June is in the mid to high 90's so be prepared because it will be very hot.

DIRECTIONS & PARKING: Free Parking on site in designated areas.

2017 Junior Olympic Region Championship Medal Color Scheme

Per Rule 305.2(d) track & field will advance five individuals and five relay teams from each Regional to National. As such, the number of medals awarded at Region Championships is 1st–5th to be consistent with the number of advancers. All regional medals will have a distinctive neck ribbon color to differentiate between places, shown below.

First Place – Blue Neck Ribbon

Second Place – Red Neck Ribbon

Third Place – White Neck Ribbon

Fourth Place – Yellow Neck Ribbon

Fifth Place – Green Neck Ribbon

TRACK MEET SCHEDULE

All running events will start at the designated time listed each day. Listen to announcements and check-in to the designated area at least 45 minutes early. Any athlete that does not check-in before their scheduled heat is run will be scratched from the event. Field event athletes who have a conflict with a running event will be released by the Field Event Official **only** at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and must report back and be ready to compete.

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.

THIS MEET IS CONTESTED ON A ROLLING SCHEDULE

SPECIAL NOTES:

- If there are not enough runners in the Semi-Final, the event will be run as a Final at the Semi-Final time.
- Some distance races may be combined due to the number of participants.
- Q = QUALIFYING ROUND F= FINAL
- 15-16 & 17-18 age divisions **MUST** use starting blocks in the sprint races!!!

YOU ARE HEREBY NOTIFIED THAT THE MEET SCHEDULE OUTLINED BELOW IS TENTATIVE AND SUBJECT TO CHANGE WITHOUT PRIOR WRITTEN NOTICE. A REVISED MEET SCHEDULE WILL BE AVAILABLE UPON CHECK-IN.

AGE DIVISIONS

8 & under (born 2009 +)
9 - 10 (born 2007-2008)
11 - 12 (born 2005-2006)
13 - 14 (born 2003-2004)
15 - 16 (born 2001-2002)
17 - 18 (born 1999-2000)
* athletes born in 1998 are also eligible if they do not turn 19 on or before 7/30/2017

THURSDAY - JULY 6, 2017

COMBINED EVENTS

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

RELAY EVENTS

3:00 PM 4 X 800R (F) 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

FRIDAY - JULY 7, 2017

8:00 AM 2000 Steeplechase 15-16G, 17-18G, 15-16B, 17-18B

COMBINED EVENTS

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

RACEWALK EVENTS

10:00 AM 3000RW (F) 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
10:30 AM 1500RW (F) 9-10G, 9-10B, 11-12G, 11-12B,

RUNNING EVENTS

1:00 PM 4 X100R (Q) All Age Divisions
2:00 PM 800M (F) All Divisions

FIELD EVENTS

Hammer Throw

8:00 AM 15-16G,17-18W (4k)
 15-16B,17-18M (12lb)

Athletes must provide own hammer. Hammer will be contested at TBD.

JAVELIN:

8:00 AM 13-14G (600g)
9:30 PM 13-14B (600g)

LONG JUMP

8:00AM 7-8-B- Pit #1, 7-8G-Pit #2

SHOT PUT

8:00 AM 11-12B - (6lb)
9:00 PM 11-12G - (6lb)

SATURDAY - JULY 8, 2017

RUNNING EVENTS

8:00 AM	3000M (F)	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
9:00 AM	80H (Q)	11-12G, 11-12B (30")
	100H (Q)	13-14B, 15-16G, 17-18G (33")
	100H (Q)	13-14G (30" - 8 meters between)
	110H (Q)	15-16B, 17-18B (39")
10:00 AM	400M (Q)	All Divisions
12:00 PM	100 Meters (Q)	All Divisions
1:30 PM	200M (Q)	All Divisions
3:00 PM	200H (Q)	13-14G, 13-14B (30")
	400H (Q)	15-16G, 17-18G (30")
	400H (Q)	15-16B, 17-18B (36")
4:00 PM	4 X 100R (F)	All Divisions

FIELD EVENTS

POLE VAULT

9:00 AM 13-14G, 15-16G, 17-18W – Must provide own pole

TRIPLE JUMP

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

LONG JUMP

8:00 AM 9-10B -- Pit # 1/9-10G– Pit# 2
9:00 AM 11-12B – Pit# 1/11-12G – Pit# 2

HIGH JUMP

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

SHOT PUT

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

DISCUS

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

JAVELIN

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

MINI JAVELIN

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

SUNDAY - JULY 9, 2017

RUNNING EVENTS

8:00 AM 1500m Run Finals All Divisions
9:00 AM 80H (F) 11-12G, 11-12B (30")
100H (F) 13-14B, 15-16G, 17-18G (33")
100H (F) 13-14G (30" - 8 meters between)
110H (F) 15-16B, 17-18B (39")
10:30 AM 100m Dash Finals
11:30 AM 400m Dash Finals
1:00 PM 200m Hurdles Finals
2:00 PM 400m Hurdles Finals
2:15 PM 200m Dash Finals
3:30 PM 4x400 Relay Finals

FIELD EVENTS

POLE VAULT

9:00 AM 13-14B, 15-16B, 17-18M

DISCUS

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

HIGH JUMP

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

SHOT PUT:

8:30 AM 17-18W(4kg) - Pit # 2
8:30 AM 7-8G (2K) - Pit #1
10:30 AM 9-10G (6lb)- Pit #1
10:30 AM 13-14G (6lb) - Pit # 2
12:30 PM 15-16G4kg) - Pit # 2

LONG JUMP

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

JAVELIN

8:00 AM 17-18M (800g)
8:30 AM 15-16B (800g)

MINI JAVELIN

9:30 AM 8-UNDERB (300g)
11:30 AM 8-UNDERG (300g)