



**2010 USA Track & Field
North Carolina Association
Junior Olympics Championships**

June 24-27, 2010

**North Carolina A&T State University
Greensboro, NC**

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2010 USA Track & Field North Carolina Association Junior Olympics Championships Greensboro, North Carolina

Date: Thursday, Friday, Saturday, and Sunday - June 24-27

Site: North Carolina A&T State University (NC A&T) Track Facility

Eligibility: Competitors must be 2010 USATF AGE VERIFIED members. The top five (5) places will qualify for the Region III USATF JO Championship which will also be held at NC A&T, July 8-11, 2010.

Age Div: Age divisions are determined by year of birth.

Sub Bantam	8 & U	2002 and after
Bantam	9-10	2000 – 2001
Midget	11-12	1998- 1999
Youth	13 - 14	1996 - 1997
Intermediate	15 - 16	1994 - 1995
Young M/W	17 – 18	1992 – 1993*

* Athletes born in 1991 are also eligible if they do not turn 19 on or before 8/01/2010
An athlete must compete in his/her age division only. Sub Bantams can compete as 8&U or 9-10. If they compete in the 8&U division, they do not advance to the National Championship, only to the Regionals.

Entry Fees: Athletes participating in individual and Combined-Events must pay both entry fees.

Individual	\$5.00 per each individual event
Relays	\$12.00 per relay

Combined-Events:

Triathlon/Pentathlon	\$6.00 per individual
Heptathlon/Decathlon	\$8.00 per individual

Entry Process: Athletes can only be entered through Coach O's online entry process used by USATF; go to www.coacho.com to enter athletes in events. Only the names of athletes registered to your team, with ages "VERIFIED", will show up on Coach O for them to be entered in events

Fees **MUST** be paid on Coach O by the deadline with a credit card after athletes are entered. **Entry deadline is Tues, June 22.**

Relays: Relays must be entered on Coach O; relay declaration sheets will not be used as in the past.

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 **\$20** 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 third place finishers will receive USATF medals, 4th through 6th place ribbons

Intent to Advance to Regional:

Regional qualifiers must declare on Coach O by midnight, Monday, June 28.

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 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 NC A&T's track facility Wednesday, June 23 from, 4:00pm to 7:00pm and Thursday June 24 thru Sunday, June 27 from 7:00AM to 6PM.,

Gate Fees:

Spectators: \$2.00 per day:

Free: USATF Member coaches who have completed 2010 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.

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 however, you must report to the Field Judge first and request permission to be excused. For all events:

If an athlete is not checked in and ready to move to the track by the Final call, they will be scratched.

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.

In events where preliminaries are run, the top 8 times will advancement to the finals.

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.

NC USATF JUNIOR OLYMPICS PARTICIPATING HOTELS

Hotel	Rate	Comments	Cutoff	Contact
Baymont Inn & Suites 2001 Veasley St., Greensboro, NC 27407	\$65.00	Complementary Hot Breakfast	June 10	Reservations: 336-291-4463
Best Western Windsor Suites 2006 Veasley St., Greensboro, NC 27407	\$87.00	Complementary Deluxe Continental Breakfast.	June 10	Reservations 336-294-9100
Clarion Hotel Airport 415 Swing Rd., Greensboro, NC 27409	\$79.00.0 0	4 Hot Buffet Breakfasts per room	June 10	Reservations 336-299-7650
Courtyard Marriott 4400 W. Wendover Ave., Greensboro, NC 27407	\$89.00		June 10	Reservations 336-294-3800
Courtyard Marriott Airport 7811 National Service Rd., Greensboro, NC 27409	\$79.00	Complimentary Grab & Go Breakfast Bags or Continental Breakfast	June 10	Reservations 336-668-1090
DoubleTree Hotel 3030 High Point Rd., Greensboro, NC 27403	\$89.00		June 10	Team Reservations: 336-358-4505
Hampton Inn Airport 7803 National Service Rd., Greensboro, NC 27409	\$75.00	Complementary Hot Breakfast	June 10	Reservations 336-605-5500
Holiday Inn Express Airport 645 S. Regional Rd., Greensboro, NC 27409	\$89.00	Hot Breakfast Bar	June 10	Reservations 336-882-0004
Marriott Greensboro Airport One Marriott Dr., Greensboro, NC 27409	\$94.00		June 10	Reservations 336852-6450
Park Lane Hotel 3005 High Point Rd., Greensboro, NC 27403	\$79.00		June 10	Reservations 336-294-4565
Quality Inn & Suites Airport	\$69.00	Complementary Deluxe Continental Breakfast	June 10	Reservations 336-668-3638
Residence Inn Marriott 7816 Thorndike Rd., Greensboro, NC 27409	\$79.00	Complementary Full Hot Breakfast Buffet	June 10	Reservations 336-632-4666
Wingate by Wyndham 6007 Landmark Center Blvd., Greensboro, NC 27407	\$82.00	Complementary Hot Breakfast	June 10	Reservations 336-854-8610

Be sure to ask for the NC Association Junior Olympic Championships group rate

Rates do not include applicable sales and occupancy taxes.

**Directions to North Carolina A&T State University
1601 E. Market Street
Greensboro, 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.

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Schedule of Events

THURSDAY, June 24

9:00 AM– IG & YW Heptathlon (1st Day)

100m Hurdles (33'') IB/YM (36'')
High Jump
Shot Put (4kg)
200m Dash

9:30 AM- MG & MB Pentathlon

80m Hurdles (30'')
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run MG/MB

10:00 AM – YG & YB Pentathlon

100m Hurdles (YG 30''/ YB 33'')
Shot Put (6lb YG/ 4 kilos YB)
High Jump
Long Jump
800/1500 Run YG/YB

10:30 AM - IB & YM Decathlon (1st Day)

100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

Running Events:

5:00 PM 4 x 800 Relay Finals MG, MB, YG, YB, IG, IB
YW/YM

Running Event Information

1. **Qualifying from heats, top eight times.**
2. **If 8 or less shows up for trials, they will be run as finals at that time.**
3. **Youngest age group first except where indicated.**
4. **All starting blocks and relay batons are provided. Do not bring your own.**

FRIDAY, June 25

Running Events (Rolling Schedule)

8:00 AM 2000m Steeplechase IG/YW (30'')
IB/YM (36'')

9:00 AM- IG & YW Heptathlon (2nd Day)

Long Jump
Javelin (600g)
800m Run

9 AM- IB & YM Decathlon (2nd DAY)

110m Hurdles (39'')
Discus (1.6kg)
Pole Vault
Javelin (800 G)
1500m Run

9:30 AM – BG-BB Triathlon

Shot Put (6lb)
High Jump
200/400m Dash BG/BB

10:00 Racewalks

3000m Racewalk Finals IG, IB, YW, YM
3000m Racewalk Finals YG, YB
1500m Racewalk Finals BG, BB, MG MB

Relays

4x400 Relay Qualifying All Divisions
4x100 Relay Qualifying All Divisions

800 Meters

Finals All Divisions

Field Events:

Hammer Throw

8:00 AM IG/YW 4kg. IB/YM 12lb.
Athletes must provide own hammer.

Javelin:

4:00 PM Youth Girls (600g)
5:30 PM Youth Boys (600g)

Long Jump:

11:00AM SBB- Pit #1, SBG-Pit #2

SHOT PUT:

11:30 AM MB (6lb)
1:00 PM MG (6 lb)

SATURDAY, June 26

RUNNING EVENTS (Rolling Schedule)

8:00 AM 5000m Run Finals YM
3000m Run Finals – MG/MB,
IG/IB/YG/YB/YW
Short Hurdle Qualifying
80m h MG/MB (30’’)
100mh YG (30’’)
100mh YB/IG/YW (33’’)
110mh IB/YM (39’’)
100m Dash Qualifying All Divisions
400m Dash Qualifying All Divisions
200m Dash Qualifying All Divisions
Long Hurdle Qualifying
200m h YG/YB (30’’)
400mh IG/YW (30’’)
400m h IB/YM (36’’)
4 x 100 Relay Finals All Divisions

FIELD EVENTS:

POLE VAULT

9:00 AM YG/IG/YW – must provide own pole

TRIPLE JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
10:00 AM IB – Pit # 2/IG Pit # 1
11:00 AM YM – Pit # 2/YW Pit # 1

LONG JUMP:

1:00 PM BB -- Pit # 1/BG – Pit # 2
3:00 MB – Pit # 1/MG – Pit # 2

HIGH JUMP

9:00 AM YM - Pit # 2
9:00 AM BB - Pit # 1
11:00 AM IB - Pit # 2
11:00 AM MB - Pit # 1
1:00 PM YB - Pit # 2

SHOT PUT:

8:30 AM SBB - (6 lb) - Pit # 1
8:30 AM YM - (12lb) - Pit # 2
10:30 AM YB - (4kg) - Pit # 1
10:30 AM IB - (12lb) - Pit # 2
1:00 PM BB - (6 lb) - Pit # 1

DISCUS

9:00 AM MG – (1kg
10:30 IG – (1kg))
12:00 PM YG – (1kg)
1:30 YW – (1kg)

JAVELIN

8:00 AM YW (600g)
8:30 IG (600g)

MINI JAVELIN

9:00 AM BB (300g)
10:30 AM BG (300g)
12:00 PM MG (300g)
1:30 MB (300g)

SUNDAY, June 27

RUNNING EVENTS (Rolling Schedule)

8:00 AM 1500m Run Finals All Division
Short Hurdles Finals
100m Dash Finals
400 M Dash Finals
200m Hurdle Finals
400m Hurdle Finals
200 m Dash Finals
4x400m Relay Finals

FIELD EVENTS:

POLE VAULT

9:00 AM YB/IB/YM – must provide own pole

DISCUS

9:00 AM YB (1kg)
10:30 AM YM (1.6 kg)
12:00 PM IB (1.6kg)
2:00 PM MB (1kg)

HIGH JUMP

9:00 AM YW - Pit # 2
9:00 AM BG - Pit # 1
11:00 AM IG - Pit # 2
11:00 AM MG - Pit # 1
1:00 PM YG - Pit # 2

SHOT PUT

8:30 AM YW (4kg) - Pit # 2
8:30 AM SBG (6lb) - Pit # 1
10:30 AM BG (6 lb)- Pit # 1
10:30 AM YG (6 lb) - Pit # 2
12:30 PM IG (4kg) - Pit # 2

LONG JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
11:00 AM IB – Pit # 2/IG Pit # 1
1:00 PM YM – Pit # 2/YW Pit # 1

JAVELIN

8:00 AM YM (800g)
8:30 AM IB (800g)

MINI JAVELIN

9:30 AM SBB (300g)
11:30 AM SBG (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.