



# 2010 USA Track & Field Region III Junior Olympics Championships

July 8-11, 2010 at North Carolina A&T State University

Youth Chair: Frank Davis, [fdavis@durhamstriders.com](mailto:fdavis@durhamstriders.com)

## **Advancement to the Regional Meet:**

First through fifth 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 North Carolina A&T State University. Multi event competition will begin on Thursday, July 8th at 9:00 a.m. and running events will begin Thursday, July 8th @ 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.

Youth Chairs: Georgia – Jacqui Collins – (770-499-2464)  
North Carolina – Frank Davis – (919) 477-9445  
Potomac Valley - Henry McCallum, Jr. – (301) 322-7356  
South Carolina - Valerie Beesley – (864) 943-9059  
Virginia – Dwight Porter – (757) 969-1089

## **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 Coach O 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 NC A&T's track facility Wednesday July 7<sup>th</sup> from 4:00pm to 7:00pm and Thursday, July 8<sup>th</sup> thru Sunday July 11<sup>th</sup> from 7:00AM to 6PM.

## **GATE FEES:**

### **Spectators:**

\$5.00 per day; 4 Day Pass \$15.00  
Senior Citizens (55 & older) \$4.00 per day; 4 Day Pass \$12.00

### **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.

## **AWARDS:**

First through third place finishers will receive USATF medals, 4<sup>th</sup> through 8<sup>th</sup> place ribbons. 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.

1/4" or less, pyramid spikes, or running flats only, allowed to be used on A&T'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 A.G Spanos Sports Complex, Sacramento State University, Sacramento, CA, from July 27th thru August 1st, 2010. Track and Field shall advance three individuals and three relay teams from each Regional to National. These shall be the top three finishers in each event, or successive event finishers who have a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National. The combined events shall advance the top two placed individuals. A third shall advance only after meeting a performance standard at the regional Championship. The performance standard for all events is the average of the 8<sup>th</sup> place in the last three National Junior Olympic Championships. See attached. The host Association shall qualify a like number. The Sub Bantam age division contestants do not compete at the National Junior Olympic Track & Field Championships. (See attached JO Performance Standards).

**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 13, 2010. The posting of the results of the event in which they have qualified for Nationals will be on Coach O.

**NATIONAL FEES:**

Junior Olympic National Championships

*Individual	\$8 per event
*Relays	\$32 per relay
*Triathlon/Pentathlon	\$20 per individual
*Heptathlon/Decathlon	\$24 per individual

All fees must be paid online on Coach O 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 A&T 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 the "Blue section" 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.

**MEET DIRECTOR:** Frank Davis (919) 477-9445 email: [fdavis@durhamstriders.com](mailto:fdavis@durhamstriders.com)

**MEET MANAGER:** L. Depaul Mittman email: [depaulmittman@bellsouth.net](mailto:depaulmittman@bellsouth.net)

**WEB SITE:** [www.ncusatf.org](http://www.ncusatf.org)

## REGION III USATF JUNIOR OLYMPICS PARTICIPATING HOTELS

<b>Hotel</b>	<b>Rate</b>	<b>Comments</b>	<b>Cutoff</b>	<b>Contact</b>
Baymont Inn & Suites 2001 Veasley St., Greensboro, NC 27407	\$65.00	Complementary Hot Breakfast	June 24	Reservations: 336-291-4463
Best Western Windsor Suites 2006 Veasley St., Greensboro, NC 27407	\$87.00	Complementary Deluxe Continental Breakfast.	June 24	Reservations 336-294-9100
Clarion Hotel Airport 415 Swing Rd., Greensboro, NC 27409	\$79.00	4 Hot Buffet Breakfasts per room	June 24	Reservations 336-299-7650
Courtyard Marriott 4400 W. Wendover Ave., Greensboro, NC 27407	\$89.00		June 24	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 24	Reservations 336-668-1090
DoubleTree Hotel 3030 High Point Rd., Greensboro, NC 27403	\$89.00		June 24	Team Reservations: 336-358-4505
Hampton Inn Airport 7803 National Service Rd., Greensboro, NC 27409	\$75.00	Complementary Hot Breakfast	June 24	Reservations 336-605-5500
Holiday Inn Express Airport 645 S. Regional Rd., Greensboro, NC 27409	\$89.00	Hot Breakfast Bar	June 24	Reservations 336-882-0004
Marriott Greensboro Airport One Marriott Dr., Greensboro, NC 27409	\$94.00		June 24	Reservations 336852-6450
Park Lane Hotel 3005 High Point Rd., Greensboro, NC 27403	\$79.00		June 24	Reservations 336-294-4565
Quality Inn & Suites Airport	\$69.00	Complementary Deluxe Continental Breakfast	June 24	Reservations 336-668-3638
Residence Inn Marriott 7816 Thorndike Rd., Greensboro, NC 27409	\$79.00	Complementary Full Hot Breakfast Buffet	June 24	Reservations 336-632-4666
Wingate by Wyndham 6007 Landmark Center Blvd., Greensboro, NC 27407	\$82.00	Complementary Hot Breakfast	June 24	Reservations 336-854-8610
Comfort Suites Airport 7619 Thorndike Road Greensboro, NC 27409	\$89.99		June 24	Reservations 336-882-6666

**Be sure to ask for the Region 3 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.



# 2010 USA Track & Field Region III Junior Olympics Championships

July 8-11, 2010 at North Carolina A&T State University  
Youth Chair: Frank Davis (919) 477-9445

## Schedule of Events

### THURSDAY, July 8, 2010

#### **9:00 AM- IG & YW Heptathlon (1<sup>st</sup> 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 (1<sup>st</sup> 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

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 9, 2010

#### **Running Events**

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

#### **9:00 AM- IG & YW Heptathlon (2<sup>nd</sup> Day)**

Long Jump  
Javelin (600g)  
800m Run

#### **9 AM- IB & YM Decathlon (2<sup>nd</sup> 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

#### **Racewalks**

10:00 3000m Racewalk Finals IG, IB, YW, YM  
10:30 3000m Racewalk Finals YG, YB  
11:00 1500m Racewalk Finals BG, BB, MG MB

#### **Relays**

1:00 PM 4x400 Relay Qualifying All Divisions  
3:30 4x100 Relay Qualifying All Divisions

#### **800 Meters**

5:00 800m Run 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, July 10, 2010****RUNNING EVENTS**

8:00 AM	5000m Run Finals	YM
8:30 AM	3000m Run Finals – MG/MB, IG/IB/YG/YB/YW	
10:45	<b>Short Hurdle Qualifying</b>	
	80m	MG/MB (30")
	100m	YG (30")
	100m	YB/IG/YW (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	YG/YB (30")
	400m	IG/YW (30")
	400m	IB/YM (36")
5:30	4 x 100 Relay Finals	All Divisions

**FIELD EVENTS****POLE VAULT**

9:00 AM	YG/IG/YW – must provide own pole
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**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, July 11, 2010****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**

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

**2010 JUNIOR OLYMPIC PERFORMANCE STANDARDS  
GIRLS**

**Bantam Girls (born 2000 or later)**

100m	14.39
200m	30.35
400m	1:06.37
800m	2:43.85
1500m	5:26.26
1500m Race Walk	10:07.78
4x100 Relay	60.33
4x400 Relay	4:55.05
High Jump	1.15
Long Jump	3.89
Shot Put (6 lb)	7.41
Mini Javelin Throw	20.87
Triathlon	833

**Midget Girls (born 1998-99)**

100m	13.21
200m	27.04
400m	1:03.88
800m	2:29.29
1500m	5:04.87
3000m	11:16.77
80m Hurdles (30")	13.94
1500m Race Walk	10:01.77
4x100 Relay	54.23
4x400 Relay	4:23.29
4x800 Relay	10:39.52
High Jump	1.40
Long Jump	4.64
Shot Put (6 lb)	10.15
Discus Throw (1 kg)	23.28
Mini Javelin Throw	29.15
Pentathlon	2297

**Youth Girls (born 1996-97)**

100m	12.62
200m	25.72
400m	1:00.29
800m	2:22.07
1500m	4:54.45
3000m	10:52.93
100m Hurdles (30")	15.18
200m Hurdles (30")	29.23
3000m Race Walk	20:24.87
4x100 Relay	49.49
4x400 Relay	4:04.64
4x800 Relay	10:23.19
High Jump	1.50
Pole Vault	2.50
Long Jump	5.18
Triple Jump	10.40
Shot Put (6 lb)	12.23
Discus Throw (1 kg)	30.97
Javelin Throw	29.42
Pentathlon	2780

**Intermediate Girls (born 1994-95)**

100m	12.36
200m	24.92
400m	56.51
800m	2:27.17
1500m	4:52.20
3000m	10:51.45
100m Hurdles (30")	15.55
400m Hurdles (30")	1:07.90
2000m Steeplechase	8:03.93
3000m Race Walk	20:36.00
4x100 Relay	48.36
4x400 Relay	4:02.12
4x800 Relay	10:03.80
High Jump	1.60
Pole Vault	3.30
Long Jump	5.46
Triple Jump	11.41
Shot Put (4 kg)	11.20
Discus Throw (1 kg)	34.99
Hammer Throw (4 kg)	31.63
Javelin Throw (600g)	34.31
Heptathlon	4047

**Young Women (born 1992-93)\***

100m	12.15
200m	24.52
400m	56.30
800m	2:24.88
1500m	4:52.99
3000m	11:01.14
100m Hurdles (33")	14.75
400m Hurdles (30")	1:04.63
2000m Steeplechase	8:00.66
3000m Race Walk	21:11.25
4x100 Relay	49.28
4x400 Relay	3:53.66
4x800 Relay	9:58.43
High Jump	1.60
Pole Vault	3.50
Long Jump	5.52
Triple Jump	11.69
Shot Put (4 kg)	12.32
Discus Throw (1 kg)	38.99
Hammer Throw (4 kg)	37.09
Javelin Throw (600g)	34.02
Heptathlon	4114

\*1991 if born on or after August 1

\* These standards are used solely to determine if the fourth place regional finisher may advance in place of a qualifier who is unable to do so. Opening heights are determined by the Youth Nationals standards.

**2010 JUNIOR OLYMPIC PERFORMANCE STANDARDS  
BOYS**

**Bantam Boys (born 2000 or later)**

100m	13.83
200m	28.29
400m	1:06.92
800m	2:35.41
1500m	5:14.44
1500m Race Walk	12:22.81
4x100 Relay	57.00
4x400 Relay	4:41.86
High Jump	1.25
Long Jump	4.26
Shot Put (6 lb)	8.51
Mini Javelin Throw	28.65
Triathlon	623

**Midget Boys (born 1998-99)**

100m	12.83
200m	26.42
400m	1:02.77
800m	2:25.97
1500m	4:52.02
3000m	10:36.66
80m Hurdles (30")	13.15
1500m Race Walk	9:49.18
4x100 Relay	51.13
4x400 Relay	4:16.71
4x800 Relay	10:22.70
High Jump	1.45
Long Jump	4.84
Shot Put (6 lb)	11.45
Discus Throw (1 kg)	28.65
Mini Javelin Throw	36.87
Pentathlon	2001

**Youth Boys (born 1996-97)**

100m	11.74
200m	23.63
400m	52.76
800m	2:09.97
1500m	4:26.03
3000m	9.48.23
100m Hurdles (33")	14.61
200m Hurdles (30")	27.27
3000m Race Walk	23:31.60
4x100 Relay	46.37
4x400 Relay	3:43.35
4x800 Relay	9:16.15
High Jump	1.70
Pole Vault	3.05
Long Jump	5.84
Triple Jump	11.78
Shot Put (4kg)	14.09
Discus Throw (1 kg)	42.48
Javelin Throw	43.30
Pentathlon	2484

**Intermediate Boys (born 1994-95)**

100m	11.18
200m	22.36
400m	49.87
800m	2:06.90
1500m	4:11.71
3000m	9:13.08
110m Hurdles (39")	17.89
400m Hurdles (36")	58.75
2000m Steeplechase	6:44.05
3000m Race Walk	19:57.73
4x100 Relay	44.15
4x400 Relay	3:27.93
4x800 Relay	8:44.44
High Jump	1.85
Pole Vault	4.15
Long Jump	6.56
Triple Jump	13.42
Shot Put (12 lb)	14.83
Discus Throw (1 kg)	43.43
Hammer Throw (4 kg)	42.50
Javelin Throw (600g)	48.65
Decathlon	4847

**Young Men (born 1992-93)\***

100m	10.95
200m	21.89
400m	50.04
800m	1:58.66
1500m	4:08.32
5000m	16:12.25
110m Hurdles (39")	14.38
400m Hurdles (36")	55.84
2000m Steeplechase	6:26.10
3000m Race Walk	22:39.30
4x100 Relay	42.74
4x400 Relay	3:22.59
4x800 Relay	8:09.78
High Jump	2.00
Pole Vault	4.65
Long Jump	7.05
Triple Jump	14.29
Shot Put (12 lb)	16.14
Discus Throw (1 kg)	49.02
Hammer Throw (4 kg)	50.02
Javelin Throw (600g)	50.68
Decathlon	5936

\*1990 if born on or after August 1

\* These standards are used solely to determine if the fourth place regional finisher may advance in place of a qualifier who is unable to do so. Opening heights are determined by the Youth Nationals standards.