



# 2016 USATF Mid-Atlantic Association Junior Olympic Track & Field Championships

June 18-19, 2016

Widener University Chester, Pa. 19013

## Eligibility Requirements

### INDIVIDUALS

All athletes must be 2016 members of USATF in good standing, with their age verified. 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.

### AGE DIVISIONS AND EVENT LIMITS

Each athlete must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8-and-under, 9-10 and 11-12 Divisions may compete in a maximum of three events, including relays. Competitors in the 13-14, 15-16 and 17-18 Divisions may compete in a maximum of four events, including relays. Combined events will be contested.

### RELAY TEAMS

Only 2016 USATF member clubs may enter relay teams. All athletes representing the club must be an USATF membership. Visit [www.usatf.org/membership](http://www.usatf.org/membership).

## Entry Process

All entries and payments must be made online at the Direct Athletic website:

<https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=268636>

### DEADLINE

The deadline for entries and payment of entry fees is 6/14/16 at 9 PM. No late entries are allowed. Online registration opens on 5/1/16.

### USING Direct Athletic

An instructional video about the online registration process may be viewed at <https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=268636>. Each club and athlete is responsible for the accuracy of their entry information. Please validate all data before submitting an entry to Coach O.

## Fees

Individuals \$6 per event. Relays \$24 per team, Dec/Hep \$16.00, and Tria/Pen \$10.00. Only Visa and electronic checks will be accepted when registering.

Spectators: Admission to the stadium costs \$4 per day or \$6 for both days. Children under 5 admitted free.

### PROOF OF BIRTH DATE

The Mid-Atlantic Membership Chair (see below) must receive, either by mail, email or fax, proof of each athlete's birth date by June 10, 2016. Proof of birth date documents include: a copy of the athlete's birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification. The date of birth must be verified to access online entry. See Rule 300.1(i) for further explanation.

Doreen McCoubrie  
Membership chair  
PO Box 662  
Southeastern, PA 19399-0662

Fax: 484-320-8878

Email: [membership@midatlantic.usatf.org](mailto:membership@midatlantic.usatf.org)

### WAIVER

All athletes must complete the Junior Olympic Participant Waiver and Release form. This form is integrated into the online entry system and can be completed electronically; it can also be obtained from the association. The form must be properly completed and signed by a parent/guardian before an athlete receives a competition number.

## Event Check-In

Athletes must check in at the designated areas when the first call is made. No athletes will be permitted to check in after an event is closed. NO EXCEPTIONS.

The check-in area for running events will be in the middle of the infield. Field event athletes are to check in directly at the venue.

If an athlete is competing in another event, a coach or parent may check in that athlete. The athlete must report before the event closes.

All athletes must remain in the check-in area after they have checked in.

Parents and coaches are not permitted in the check-in area unless they are checking in an athlete who is competing in another event.

Each athlete's coach/parent is responsible for making sure the athletes check in to only the events they have entered. Athletes who go over event limits or compete in events they have not been entered in will be disqualified.

Athletes or teams may be disqualified from an event if they fail to adhere to the check-in rules.

## Competition Information

### BIB NUMBERS

Competitors must wear their assigned bib numbers on the front of their jersey during competition. If an athlete loses a bib number, a replacement can be purchased for \$5. Bib numbers will be distributed to coaches and unattached athletes in their registration packets.

### EQUIPMENT NOTES

- Meet management will provide starting blocks and batons.
- Only ¼" spikes are permitted on the track.
- Only certified implements may be used in competition.

### RESULTS

Results will be posted behind the bleachers. In addition, event results will be posted at [www.usatf.org](http://www.usatf.org) on the Junior Olympic page and at [www.mausatf.org](http://www.mausatf.org).

Awards will be available for pickup 30 minutes after results are posted. Please make sure your results are correct before leaving the championships.

### PROTESTS

There will be a \$50 fee for each protest. Protests must be submitted to the Protest Referee within 30 minutes after a result has been announced or posted. Protests will be reviewed only after the fee and the proper paperwork is submitted by the club coach or, if the athlete is unattached, by a parent or coach. The protest fee will be refunded only if the protest is accepted.

### AWARDS

USATF Junior Olympic medals will be awarded to the top three individuals and the top three relay teams in each event of each age division.

### VOLUNTEERS

We need your assistance to make this meet a success. We are asking for volunteers to submit their names at the time of packet pick-up, and report to the coaches meeting for assignments.

## Advancement

### REGIONAL CHAMPIONSHIPS

The top six individuals and relay teams in each age division for each event at the Association Championships will advance to the USATF Region 2 Championships to be held July 7-10 at Widener University in Chester, Pa. qualifying athletes must declare at Direct Athletic registration that they will participate in the regional championships. The declaration period opens on TBA and closes at TBA.

### NATIONAL CHAMPIONSHIPS

The top five athletes and relay teams in each age division for each event at the Region 2 Championships will qualify for the National Junior Olympic Championships to be held July 25-31 at Sacramental, California. In combined events, the top two athletes will qualify. Information about the national championships will be posted at: [www.usatf.org/Events---Calendar/2016/USATF-National-Junior-Olympic-Outdoor-Track---Fiel.aspx](http://www.usatf.org/Events---Calendar/2016/USATF-National-Junior-Olympic-Outdoor-Track---Fiel.aspx)

## Rules of Conduct and Facility

- No tents may be spiked into the grounds. Pop-up tents are permitted in stands if they do not block the view of the finish line for timing and spectating purposes.
- No coaches or parents will be permitted on the infield. Designated coach's areas will be provided during field competitions.
- Only one coach per team is allowed in coaches-only areas.
- Participants must clean up after themselves and leave the area in excellent condition before departing the meet.
- Concessions will be provided.
- Athletes and spectators must conduct themselves in a respectful manner adhering to 2016 USATF rules of competition.

## Schedule

**Packet pickup:** 6:45 a.m.-8 a.m.

**Officials Meeting:** 7:00 a.m. at the finish line.

**Coaches and Volunteers Meeting:** 7:15 a.m. at the finish line.

**Implement weigh-in:** 7:00-9 a.m.

**Warm-ups:** The track will be open for warm-ups until 7:50 a.m. After that, athletes must warm up outside the track. A call will be made to allow hurdlers to warm-up over hurdles prior to their races.

## 2016 Age Divisions

8 and under (born 2007+)

9-10 Division (born 2005-2006)

11-12 Division (born 2003-2004)

13-14 Division (born 2001-2002)

15-16 Division (born 1999-2000)

17-18 Division (born 1997-1998)

\* athletes born in 1996 are also eligible if they do not turn 19 on or before 8/2/2016.

## Order of Events (subject to change)

**DAY 1 Saturday, June 18, 2016**

**ATHLETES FOR COMBINED EVENTS MUST CHECK IN 45 MINUTES PRIOR**

<u>Start Time</u>	<u>Age</u>	<u>Events</u>	
8:00	Decathlon 15-16 yr Boys	100m, LJ, SP, HJ, 400m 12lb	Day 1
8:00	Decathlon 17-18 yr Men	100m, LJ, SP, HJ, 400m 12lb	Day 1
8:00	Triathlon 9-10 yr Girls	SP, HJ, 200M 6lb	Final
8:00	Triathlon 9-10 yr Boys	SP, HJ, 400M 6lb	Final
8:15	Heptathlon 15-16 yr Girls	100mh, HJ, SP, 200M 33" 4kg	Day 1
8:15	Heptathlon 17-18 yr Women	100mh, HJ, SP, 200M 33" 4kg	Day 1
8:30	Pentathlon 13-14 yr Boys	100mh, SP, HJ, LJ, 1500 33" 4kg	Final
8:45	Pentathlon 13-14 yr Girls	100mh, SP, HJ, LJ, 800m 30" 6lb	Final

**TRACK Events AFTER THE 13-14yr Girls 100mh PENTATHLON. Combined Events track runs have priority.**

**FIRST CALL 8:15 A.M. ... 3km and 1.5km Race Walks at 9:00 A.M. and then a Rolling Schedule**

**Generally female before male and ages may be combined & race walks may be combined.**

3000m Race Walk Finals: 13-14yr/15-16yr/17-18yr Females and Males

1500m Race Walk Finals: 9-10yr/11-12yr Females and Males

3000m Run Finals: 11-12 yr Girls/ 13-14 yr Girls/ 15-16 yr Girls /17-18 yr Women / then the boys  
11-12 yr Boys/ 13-14 yr Boys/ 15-16 yr Boys/ 17-18 yr Men

**Any Trial with 8 or fewer SHALL be run as a FINAL!**

200m DASH.TRIALS: 8-under/ 9-10yr/11-12yr/13-14yr/15-16yr/17-18yr

4x100m Relay Finals: 8-under relay/ 9-10yr relay /11-12yr relay/13-14yr relay/15-16yr relay/17-18yr relay

80m Hurdles TRIALS: 11-12yr Girls, 11-12yr Boys  
30" 30"

100m Hurdles TRIALS: 13-14yr Girls, 13-14yr Boys, 15-16yr Girls, 17-18yr Women  
30" 33" 33" 33"

110m Hurdles TRIALS: 15-16yr Boys, 17-18yr Men  
39" 39"

100m DASH TRIALS: 8-under /9-10yr/11-12yr/13-14yr/15-16yr/17-18yr

400m DASH TRIALS: 8-under/ 9-10yr/11-12yr/13-14yr/15-16yr/17-18yr

4x800m Relay Finals: 11-12yr relay/13-14yr relay/15-16yr relay/17-18yr relay

## **DAY 1 Saturday, June 20, 2015**

**FIELD Events ... Ages may be combined and First Call at 7:15 AM**  
**Combined Events have order priority.**  
**Hammer and Discus share the same sectored field.**

8:00 A.M. High Jump Pit 2 or Pit 1: 17-18 yr Women/ 15-16 yr Girls/13-14 yr Girls/11-12 yr Girls/ 9-10 yr Girls

High Jump Pit 1 or Pit 2: Combined Event High Jump – ~8:45 A.M. TRI 9-10 yr Girls and Boys,  
HEP 15-18 yr Females, PENT 13-14 yr Girls and Boys, DEC 15-18 yr Males

8:00 A.M. Javelin Throw: 13-14 yr Boys; 15-16 yr Boys/ 17-18 yr Men; 600g; 800g/800g;  
13-14 yr Girls/ 15-16 yr Girls/ 17-18 yr Women all 600g

8:00 AM-Hammer Throw: 15-16 yr and 17-18 yr Males; 15-16 yr and 17-18 yr Females  
12 lb 4 kg

Follows the hammer-Discus Throw: 15-16 yr and 17-18 yr Females; 15-16 yr and 17-18 yr Males  
1 kg 1.6 kg

~8:45 A.M. Long Jump/Combined: 15-18 yr DEC; later PENT 13-14 yr Girls and Boys

Long Jump-pit-1: 15-16 yr Girls/ 17-18 yr Women/ 17-18 yr Men/ 15-16 yr Boys

8:00 A.M. Shot Put-Pit-1/Combined: TRI 9-10 yr Girls and Boys; PENT 13-14 yr Boys/ PENT 13-14 yr Girls/  
HEP 15-18 yr Females; DEC 15-18 yr Males (6lb;4 kg;6lb;4kg;12lb)

Shot Put-Pit-2: 8 and under Girls/ 8 and under Boys/ 9-10 yr Girls/ 9-10 yr Boys/11-12 yr Girls/ 11-12 yr Boys  
2kg 2kg 6lb 6lb 6lb 6lb

9:00 A.M. Pole Vault: 13-14 yr, 15-16 yr, and 17-18 yr Females all together

1:00 P.M. Pole Vault: 13-14 yr, 15-16 yr, and 17-18 yr Males all together

## DAY 2 Sunday, June 19, 2016

### ATHLETES FOR COMBINED EVENTS MUST CHECK IN... 45 MINUTES PRIOR

<u>Start Time</u>		<u>Age</u>	<u>Events</u>	
8:00	Decathlon	15-16yr Boys	110mH, DIS, PV, JAV, 1500m 39" 1.6kg 800g	Final
8:00	Decathlon	17-18yr Men	110mH, DIS, PV, JAV, 1500m 39" 1.6kg 800g	Final .
8:00	Hepathlon	15-16yr Girls	LJ, JAV, 800m 600g	Final.
8:00	Heptathlon	17-18yr Women	LJ, JAV, 800m 600g	Final.
8:15	Pentathlon	11-12yr Girls	80mh, SP, HJ, LJ, 800m 30" 6lb	Final.
8:15	Pentathlon	11-12yr Boys	80mh, SP, HJ, LJ 1500m 30" 6lb	Final

### **TRACK Events: Generally female before male and ages may be combined Combined Events track runs have priority.**

#### **AFTER THE 11-12yr Boys 80mh PENTATHLON**

#### **FIRST CALL 7:45 A.M. ... 2000m Steeplechase at 8:30 A.M. and then a Rolling Schedule**

2000m Steeplechase Finals: 15-16yr girls and 17-18yr Women / 15-16yr boys and 17-18yrMen  
30" 36"

400m Hurdles Finals: 15-16 yr Boys, 17-18yr Men  
36"

400m Hurdles Finals: 15-16 yr Girls, 17-18yr Women  
30"

200m Hurdles Finals: 13-14yr Girls, 13-14yr Boys  
30"

1500m Run Finals: 8-under/ 9-10yr/11-12yr/13-14yr/15-16yr/17-18yr

400m Dash Finals: 8-under/9-10yr/11-12yr/13-14yr/15-16yr/17-18yr

80m Hurdles Finals: 11-12yr Girls, 11-12yr Boys  
30"

100m Hurdles Finals: 13-14yr Girls, 13-14yr Boys, 15-16yr Girls, 17-18yr Women  
30" 33" 33' 33"

110m Hurdles Finals: 15-16yr Boys, 17-18yr Men  
39"

100M Dash Finals: 8-under/ 9-10yr/ 11-12yr/ 13-14yr/ 15-16yr/ 17-18yr

800M Run Finals: 8-under/ 9-10yr/ 11-12yr/ 13-14yr/ 15-16yr/ 17-18yr

200m Dash Finals: 8-under/ 9-10yr/ 11-12yr/ 13-14yr/ 15-16yr/ 17-18yr

4x400m Relay Finals: 8-under relay/ 9-10 yr relay/ 11-12yr relay/ 13-14yr relay/ 15-16yr relay/ 17-18yr relay

**DAY 2 Sunday, June 19, 2016**

**FIELD Events ... Ages may be combined and First Call at 7:15 AM**

**Combined Events have order priority.**

**Javelin and Mini Javelin share the same sectored field.**

8:00 A.M. Long Jump/pit-1: 8 and under Girls/ 8 and under Boys/ 9-10 yr Girls/ 9-10 yr Boys

8:00 A.M. Long Jump/pit-2: 15-18 yr HEP Females; PENT 11-12 yr Girls / PENT 11-12 yr Boys

Long Jump-pit-2: 13-14 yr Boys/ 13-14 yr Girls/ 11-12 yr Boys/ 11-12 yr Girls – Then Triple Jump

Triple Jump: 13-14 yr/15-16 yr/17-18 yr Males; 13-14 yr/15-16 yr/17-18 yr Females

8:00 A.M. High Jump: 17-18 yr Men/ 15-16 yr Boys/ 13-14 yr Boys/ 11-12 yr Boys / 9-10 yr Boys  
HJ Pit 1 or HJ Pit 2 ~ 8:45 A.M. PENT High Jump 11-12 yr Girls and Boys;

8:00 A.M. Discus Throw: 11-12 yr Girls/ 11-12 yr Boys/ 13-14 yr Girls / 13-14 yr Boys Both 1kg

~8:45 A.M. Discus Throw/Decathlon: 15-18 yr Males 1.6kg

~ 8:00 A.M. Javelin Throw/Combined: 15-18 yr HEP Females; later 15-18 yr DEC Males  
600g 800g

Mini Javelin Throw: 8 and under Girls/ 8 and under Boys/ 9-10 yr Girls/ 9-10 yr Boys  
All 300g 11-12 yr Girls/ 11-12 yr Boys

Shot Put-pit-1: 8:00 A.M. 15-16 yr Girls/ 17-18 yr Women (4kg; 4kg)

Shot Put-pit-2/Combined Events: ~ 9:00 A.M. PENT 11-12 yr Girls; 9:00 AM PENT 11-12 yr Boys Both 6lb

Shot Put-pit-2: 15-16 yr Boys /17-18 yr Men; 13-14 yr Girls / 13-14 yr Boys (12lb; 12lb; 6lb; 4kg)

10:00 A.M. Pole Vault/Decathlon: 15-18 yr Males

## Contacts

USATF Mid-Atlantic website: [www.mausatf.org](http://www.mausatf.org)

For questions about (waivers??), contact:

Sharnette Handy-Hall, Youth Committee member and Registration Administrator

E-mail: [shall36@verizon.net](mailto:shall36@verizon.net)

For questions about the Junior Olympic Series, contact:

Nelson Berrios, Youth Committee chair and Meet Director

E-mail: [youth@midatlantic.usatf.org](mailto:youth@midatlantic.usatf.org)

## Facilities at Widener University

Leslie C. Quick Jr. Stadium

## Directions

### Driving to Widener University

#### FROM PHILADELPHIA

Take I-95 South to I-476 North and MacDade Boulevard. Turn west onto MacDade Boulevard and follow the Widener University sign. After three traffic lights, MacDade Boulevard becomes East 22nd Street. At the fourth traffic light, turn left onto Providence Avenue, Route 320 South, and follow the Widener University sign. Turn left onto East 14th Street into the main entrance of the University.

#### FROM WESTERN AND NORTHERN PENNSYLVANIA

Follow the Pennsylvania Turnpike to Exit 331A, I-476. Take I-476 South toward Chester to Exit 1 (MacDade Boulevard). Turn west onto MacDade Boulevard and follow the Widener University sign. After three traffic lights, MacDade Boulevard becomes East 22nd Street. At the fourth traffic light, turn left onto Providence Avenue, Route 320 South, and follow the Widener University sign. Turn left onto East 14th Street into the main entrance of the University.

#### FROM DELAWARE, MARYLAND AND WASHINGTON, DC

Take I-95 North to Exit 6 (Routes 320 and 352). At the first traffic light, turn left over the bridge. Bear right at the fork on the other side of the bridge. Go to the first traffic light and turn right onto East 14th Street into the main entrance of the University.

#### FROM HARRISBURG

Follow I-76 East (exiting the Pennsylvania Turnpike at Valley Forge) to Exit 331A (I-476 South). Follow I-476 South to Exit 1 (MacDade Boulevard). Go right off the exit onto MacDade Boulevard West and follow the signs for Widener University. After three traffic lights, MacDade Boulevard becomes East 22nd Street. At the fourth traffic light, turn left onto Providence Road, Route 320 South, and follow the Widener University sign. Go to the first traffic light and turn right onto East 14th Street into the main entrance of the University.

#### FROM NEW YORK, NORTHERN NEW JERSEY AND NEW ENGLAND

Take the New Jersey Turnpike South to Exit 2. Proceed on Route 322 West across the Commodore Barry Bridge. Coming off the bridge, follow signs for I-95 North and Philadelphia. Take I-95 North to Exit 6 (Routes 320 and 352). At first traffic light, turn left over the bridge. Bear right at the fork on other side of bridge. Go to first traffic light and turn right onto East 14th Street into the main entrance of the University.

#### FROM SOUTHERN NEW JERSEY

Take the Atlantic City Expressway to the Commodore Barry Bridge. Follow signs for I-95 North and Philadelphia. Take I-95 North to Exit 6 (Routes 320 and 352). At the first traffic light, turn left over bridge. Bear right at the fork on other side of bridge. Go to first traffic light and turn right onto East 14th Street into the main entrance of the University.

### To the Leslie C. Quick Jr. Stadium