



# USATF ADIRONDACK JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

Saturday, June 21, 2014, 7:30 a.m., University at Albany,  
1400 Washington Ave., Albany, NY  
[www.usatfadir.org](http://www.usatfadir.org)



**UPDATED 6/5/14**

## Meet Information and Rules

- 2014 USATF rules of competition will apply. These rules can be found online at <http://www.usatf.org/About/Competition-Rules.aspx>
- For any additional questions on rules in use please contact the Adirondack Association Vice President for Youth: Ken Skinner, [kennyskin@earthlink.com](mailto:kennyskin@earthlink.com) 518-489-5311.
- No spectators or coaches will be allowed within the fenced in area of the track while competition is underway. Coaches may instruct their athletes in field events from outside the fence near the competition venue.
- A coach, parent, or teammate may assist in getting mark for HJ, LJ, TJ and PV and then must leave the area.
- If in more than one event, make sure the officials are aware of possible conflicts. USATF Rule 302.5(o) will be followed.
- These rules are for the safety and benefit of athletes and spectators and for the smooth operation of the meet.

### [Register here!](#)

[http://usatfregistration.com/track/entry/ny\\_usatfyouth03](http://usatfregistration.com/track/entry/ny_usatfyouth03)

- Junior Olympic fee: \$6 per event (maximum 3 events for 8 & under, 9-10, 11-12 divisions) (maximum 4 events for 13-14, 15-16, 17-18 divisions). **These limitations include relays.**  
**Relays:** \$24per team. The coach or club coordinator must enter the relay teams on-line by the entry deadline and must pay for them at that time.
- Registration Deadline: 11:59 p.m. Wednesday, June 18, 2014.
- All entries must be made online at [www.Coacho.com](http://www.Coacho.com).
- In fairness to all athletes and to make the meet run more efficiently, no changes to your selected events will be allowed on the day of the meet.

### **NO DAY OF MEET REGISTRATION**

### **ELIGIBILITY**

The Junior Olympic meet is open to all children born in 1996 or later\*, who reside within the boundaries of the Adirondack Association., and are current (2014) members of USATF Adirondack Association .

The Adirondack Association is that portion of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan and Dutchess Counties.

### **AGE DIVISIONS**

8 and under	2006 and later
9-10 Div	2004-2005
11-12 Div	2002-2003
13-14 Div	2000-2001
15-16 Div	1998-1999
17-18 Div*	1996-1997

\*Athletes born in 1995 who are still 18 years of age through the final day (7/27/14) of the National Junior Olympic Track and Field Championships shall be eligible to compete in the 17-18 division through all levels of the Junior Olympic Competitions in 2014.

**Proof of Birth and USATF membership required to register.** In order to register you must have a current USATF membership and your membership profile must indicate proof of age. Visit our website at [www.usatfadir.org/membership.asp](http://www.usatfadir.org/membership.asp) to apply online.

- Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) forms may be faxed or sent to the Association office at USATF Adirondack, PO Box 1200, Troy, NY 12180 or 518-273-0647 (Fax).

### **FACILITIES**

The University at Albany's brand new track & field facility includes a nine lane 400 meter track, with 4 long/triple jump runways, regulation hammer/discus cage and 2<sup>nd</sup> discus cage.. Bathrooms are available.

### **DIRECTIONS**

**From the South:** NY I-87 to Exit 24. I-90 East to Exit 2, Campus Entrance onto University Drive West, follow to Parking behind SEFCU Arena. **From the North:** I-87 south to Exit 1E-W, onto I-90 East to Exit 2. See above.

### **AWARDS**

Medals are awarded to the top 3 athletes in each age division in each event. Advancements: Top 8 males and females in each division and top 3 Relay teams qualify for Regionals;

### **REGION 1 Junior Olympic Track & Field Championships**

2014 USATF Junior Olympic Track & Field Region 1 Championships will be hosted by USATF New England at Fitchburg State University in Fitchburg, Massachusetts July 11-13, 2014. Details to follow.

### **NATIONAL Junior Olympic Track & Field Championships**

2014 USATF Junior Olympic Track & Field National Championships will be held July 21-27, 2014 at Turner Stadium, 1601 S. Wilson Rd, Humble, TX 77338. Information will be available at the Association and Region One meets. For more information:

<http://www.usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Track---Field-Champi.aspx>

### **Concessions**

A Junior Olympic Championship Meet Concession will be provided by **Sodexo**,  
The food vending service for the University at Albany. The concession, with hours of operation from 10:00 to 6:00, will be located on the platform level, east side of the Physical Education Building.

# SCHEDULE OF EVENTS

## JUNIOR OLYMPIC DIVISIONS

8 and under Div: 2006 and later, 9-10 Div: 2004-2005, 11-12 Div: 2002-2003, 13-14 Div: 2000-2001,  
15-16 Div: 1998-1999, 17-18 Div: 1996-1997

Some events/divisions may be combined dependent on entries.

**NOTE: Combined Events will not be contested at this meet.**

Athletes seeking waiver should contact Meet Director Ken Skinner [kennyskin@earthlink.net](mailto:kennyskin@earthlink.net)

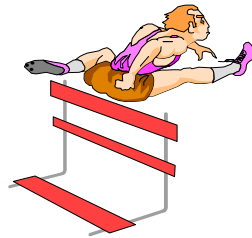
### Track Schedule

Check-in begins at 7:30

No Day of Meet Registration

Relays Must Declare by 11:00am

- 8:30 1500m Race Walk  
3000m Race Walk
- 9:00 100m Dash Trials- All - **NOTE:** If there are 8 or less competitors in an age/sex group, the trials will be run as finals at 9 AM.
- 9:30 3000m Run – 11-12, 13-14, 15-16, 17-18 (Boys/Girls)
- 10:00 80m HH – 11-12 (Boys/Girls)  
100m HH - 13-14, 15-16, 17-18 (Boys/Girls)  
110m HH - 15-16, 17-18 (Boys)
- 10:30 100m Dash Final - All
- 11:00 1500m Run – All
- 12:00 400m IH 15-16, 17-18 (Boys/Girls)  
200m IH - 13-14 (Boys/Girls)
- 12:15 4x 800 Relay - 11-12, 13-14, 15-16, 17-18 (Boys/Girls)
- 12:30 400m Dash – All
- 12:45 2000m Steeplechase 30" – 15-16, 17-18 (Girls)  
2000m Steeplechase 36" - 15-16, 17-18 (Boys)
- 1:15 800m Run - All
- 1:45 200m Dash - All  
4x100 Relay - All  
4x400 Relay - All



- Races labeled 'all' will be run youngest to oldest
- Unless specified 'trial' or 'final', all races are final on time
- **All times are estimates.** Events may run ahead or behind schedule due to number of entrants.

### Coaches and parents:

**Please check your packets at registration and indicate any athletes who are scratched from the meet or from an individual event.**

### Field Events

Check-in at venue: 8:30

Implement Weigh-in: 7:45 - 8:30

No Day of Meet Registration

- 9:00 Pit 1 - **Long Jump—Boys** 8 & Under, 9-10  
10:15 11-12, 13-14  
11:15 15-16, 17-18
- 9:00 Pit 2 - **Long Jump—Girls** 8 & Under, 9-10  
10:15 11-12, 13-14  
11:15 15-16, 17-18
- 9:00 **Shot Put—Girls \*** 11-12, 13-14  
10:00 15-16, 17-18  
11:00 8 & Under
- 9:00 **Hammer—Girls & Boys \*** 15-16, 17-18
- 9:00 **High Jump:** 9-10 Starting Height .82m(2' 8.25")  
10:30 11-12 Starting Height .82m(2' 8.25")  
12:00 13-14, 15-16, 17-18 Starting Height 1.0m (3' 3.5")
- 9:30 **Pole Vault—** 13-14, 15-16, 17-18  
Starting Height 1.50m (4'11")  
(must bring your own pole) (warmups start at 9:00)
- 10:00 **Discus—Girls \*** 11-12, 13-14  
11:15 15-16, 17-18
- 12:00 **Shot—Boys \*** 11-12, 13-14  
1:00 15-16, 17-18  
2:00 8 & Under, 9-10
- 12:00 Pit 1 – **Triple Jump –Boys & Girls** 13-14, 15-16, 17-18
- 12:30 **Discus—Boys \*** 11-12, 13-14  
1:30 15-16, 17-18
- 12:00 **Mini Javelin\*** **Girls** 8 & Under, 9-10, 11-12 Infield  
**Boys** 8 & Under, 9-10, 11-12
- 1:30 **Javelin\*** **Girls** 13-14, 15-16, 17-18 Infield  
**Boys** 13-14, 15-16, 17-1

**\*Throwing Events:** all implements must be checked and approved by an inspection official prior to the athlete checking in at the event.

- **Please check in with your field event official 30 minutes before the scheduled time of your event.**
- For horizontal jumps and throws, all divisions get three preliminary attempts. Top 8 advance to finals where they get three additional attempts. Best of all six tries determines placement.
- If you are in a preliminary flight, you must listen for the call for finals, or check in with the event official to see if you 'made finals' and must come back for your last three attempts.
- Horizontal jumps (LJ and Triple) athletes need to come early to get their marks and additional practice run-throughs. To keep the venue on schedule, once the meet has begun, officials will not interrupt a flight to allow measuring for marks. There is only a minimal allowed time between flights for only the next flight to get prepared and only 10 minutes between age divisions.