



USATF ADIRONDACK JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

Saturday, June 27, 2015, 10:00 a.m.
Shenendehowa High School, Clifton Park, NY 12065
www.usatfadir.org

UPDATED 5/27/15

Meet Information and Rules

- 2015 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 VP for Youth and Meet Director: Ken Skinner, kennyskin@earthlink.net 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 marks 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!

- 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: \$24 per 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: Noon, Wednesday, June 24, 2015.
- All entries must be made online at 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 1997 or later*, who reside within the boundaries of the Adirondack Association, and are current (2015) 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	2007 and later
9-10 Div	2005-2006
11-12 Div	2003-2004
13-14 Div	2001-2002
15-16 Div	1999-2000
17-18 Div*	1997-1998

*Athletes born in 1996 who are still 18 years of age through the final day (8/2/15) 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 2015.

Proof of Birth and USATF membership required to register. In order to register you must have a current USATF Adirondack or membership and your membership profile must indicate proof of age. Visit our website at www.usatfadir.org/membership.asp to apply online or renew your membership.

- 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 518-273-5552 or 518-273-0647 (Fax).

FACILITIES

Shenendehowa High School is a recently renovated 8 lane 400 meter all-weather track with synthetic turf infield. Located off I-87 onto Rt. 146 west in Clifton Park.

DIRECTIONS

Take the Northway I-87 to Exit 9. Head west on Route 146. At third light, take a left onto Moe Road. The high school campus is the first right approximately ¼ mile down the road.

AWARDS

Medals are awarded to the top three male and top three female athletes in each age group and 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

2015 USATF Junior Olympic Track & Field Region 1 Championships will be hosted by USATF New England at Fitchburg State University in Fitchburg, Massachusetts July 9—12, 2015. Details to follow.

NATIONAL Junior Olympic Track & Field Championships

2015 USATF Junior Olympic Track & Field National Championships will be held July 27—Aug 2, 2014 at Hodges Stadium - Jacksonville, FL. Information will be available at the Association and Region One meets. For more information: <http://www.usatf.org/Events---Calendar/2015/USATF-National-Junior-Olympic-Track---Field-Champi.aspx>

CONCESSIONS

Shenendehowa High School Track & Field Booster Club will be operating a concession stand during our Association Championship meet.





SCHEDULE OF EVENTS

USATF Adirondack Association Junior Olympic Track and Field Championships Saturday, June 27, 2015 Shenendehowa High School, Clifton Park, NY

Note: Some age divisions within events may be combined dependent on number of entries in the age divisions. A final schedule will be posted the morning of the meet after registration has closed. **All athletes must be pre-registered by noon on Wednesday, June 24th-no day of event registration.** Multi events (Decathlon, Heptathlon, Pentathlon, Triathlon), as well as the Hammer Throw, will not be conducted at this meet. Please contact VP for Youth Ken Skinner (kennyskin@earthlink.net) to request a waiver in order to compete in these events at the Region 1 meet.

Track Schedule

- 8:30: **Registration/check-in opens**
- 10:00: **1500 M race walk** (9-12) combined with
3000 M race walk (13-18)
- 10:30: **100 M dash trials** (will be run as final if 8 or less athletes in age division)
- 11:00: **3000 M run** (11-18, final on time, all)
- 11:30: **4x100M relays** (all divisions)
- 11:45: **80 M hurdles** (11-12 boys/girls)
100 M hurdles (13-18 girls, 13-14 boys)
110 M hurdles (15-18 boys)
- 12:15: **100 M dash finals** (if necessary)
- 12:30: **1500 M Run** (final on time, all)
- 1:00: **400 M hurdles** (15-18 boys/girls)
200 M hurdles (13-14 boys/girls)
- 1:30: **400 M dash** (final on time, all)
- 2:00: **2000 M steeple** (15-18 girls)
2000 M steeple (15-18 boys)
- 2:30: **800 M run** (final on time, all)
- 2:45: **200 M dash** (final on time, all)
- 3:00: **4x800M relays** (boys/girls 11-18)
4x400M relays (all divisions)

Field Events

- 10:00: **pole vault** (all)
shot put (girls 8 and under, 9-10, 11-12)
long jump (girls 13-18, pit #2)
long jump (boys 8 and under, 9-10, pit #1)
discus (girls 11-18)
high jump (girls 9-18)
- 11:00: **shot put** (girls 13-18)
long jump (girls 11-12, pit #2)
long jump (boys 11-12, pit # 1)
discus (boys, 11-18)
high jump (boys, 13-18)
- 12:00: **shot put** (boys 8 and under, 9-10)
long jump (girls 8 and under, 9-10, pit #2)
long jump (boys 13-18, pit # 1)
high jump (boys 9-10, 11-12)
mini javelin (boys 8 and under, 9-10, 11-12)
- 1:00: **shot put** (boys 11-18, all)
triple jump (boys/girls 13-18, pit # 1)
mini javelin (girls 8 and under, 9-10, 11-12)
javelin (boys/girls 13-18)



For throwing events, all implements must be checked and approved by an official before the athlete can check in to the event. Most implement checks should be done between 9:00 AM and 10:00 AM.

For horizontal jumps and throws, athletes will have 3 preliminary attempts and 3 additional attempts if they are in the top 9 after the preliminary events. All competitors will be given 6 attempts if there are 9 or less competitors in the age division. Listen carefully to the call for each event by the announcer so the athlete can report to the clerk (running events) or field event official at least 15 minutes prior to the start of the event.

If any youth clubs will be entering teams for any of the relays, a final relay entry form must be completed and turned into the clerk no later than 1 hour before the start of each relay event. The 4x100M and 4x400M relays are open to all age groups while the 4x800M relay is open to age groups 11-12, 13-14, 15-16 and 17-18. Relay teams can only be club members and those athletes can only run on relay teams in their age division.