



USATF REGION 1 JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS
University at Albany, 1400 Washington Ave., Albany, NY 12222
July 7-10, 2016,

Complete meet information and the latest updates available at: <http://www.usatfadir.org/>

Event Guidelines

1) **COMPETITION:**

- a) **COMPETITION AREAS** are located within fence around the track & within flagging at Hammer/Discus cage.
 - i) Allowed in competition areas - Athletes, Volunteers, Officials, & Meet Management
 - ii) **Vertical jumps only** - coaches may help with marks but must leave at least ten (10) minutes before the scheduled start
 - iii) **Electronics** are not allowed within the competitive areas.
 - (1) No electronics and no wireless devices allowed except official communication equipment.
 - (2) No official video recording equipment will be in use except authorized Fully Automatic Timing (F.A.T.) cameras.
 - iv) **Closed venue** means no practice or warm-up is allowed within the competition areas.
- b) **COACHING AREAS:**
 - i) Coaches and parents may coach from outside the fence.
 - ii) Coaches and parents at the hammer and discus must stay outside the flagged area of competition.
- c) **INCLEMENT WEATHER PLAN:**
 - i) If lightning is seen or thunder heard an announcement will be made instructing athletes, officials and others on where to go and what the expected delay will be; subsequent announcements will restart the competitions. There will be a delay after the last visible lightning or audible thunder as required to ensure personnel safety.
 - ii) If real feel heat index according to Accuweather.com rises to ninety-six (96) degrees or higher, competition will be suspended and the Athletic Trainer, Games Committee, Region 1 Coordinator, and Association Youth Chairs will meet to determine event continuation.
- d) **COMMUNICATIONS:**
 - i) Meet officials communicating with the announcer, via walkie-talkie, are the Referee's, Clerks, Starters, Finish Line, Head Field & Meet Management.
 - ii) Field Officials, including Weights and Measures, may also communicate with the Field Referee via cell phone.
- e) **PROTESTS AND APPEALS** are per Rules 119 and 146 and the procedures outlined later in this document
- f) **UNIFORMS:** Shirts, Bib & Hip Numbers, Spikes, Tape ETC:
 - i) Race Walk uniforms must allow judges/officials to clearly view the leg from foot to thigh
 - ii) Competitor numbers must be worn by all competing athletes. Bibs will be worn on the front of the uniform top with the exception of the PV where they may be worn on the back and for the race

walk where they must be on the front and back

- iii) Competitor numbers and hip numbers must be unaltered and visible
- iv) Shirts shall be tucked in.
- v) Allowed Length/Design of spikes - 1/4" / Pyramid
 - (1) Spikes should be checked in the clerking area however event officials should be alert for any athlete reporting to the venue using unauthorized spikes.
- vi) The use of tape on fingers or hands is not allowed in youth events other than to cover an open wound
- vii) In the competition area some non-uniform items allowed are Hats, Sunglasses, Face or body paint, Hair Colorings, etc. Other non-uniform items are not allowed.
- g) **WIND GAUGES**
 - i) Two (2) –for Horizontal Jumps and one (1) - for the Track; for Combined and Open Events.
- h) **OFFICIALS SUPPORT**

2) Tents, tables and water at each venue. *May be utilized by event competitors also*

3) **CLERKING:**

- a) It is the athletes' responsibility to listen to announcements and to be at the right place at the right time for check in, clerking and competition. Schedule changes will be announced.
- b) Field event check-in/clerking procedures.
 - i) All field event athletes or their coaches must "check-in" at the individual Field Event When the field events are called athletes must report to the tent for their readiness briefing and uniform, shoes and equipment checks. The venue official will provide briefing for the beginning of the event.
 - ii) PV athletes will also "check in" at the venue. However, when their event is called, they will report to the PV weigh-in area one (1) hour prior to the event start where they will be weighed, pick-up their poles and be escorted directly to the venue by an event official who has arrived for briefings.
 - iii) Field events athletes **must receive permission to leave**. If in a final event they will remain at the venue until it is completed. If they are not a finalist they may leave the area with permission.
- c) Running and event check-in/clerking procedures.
 - i) Runners or their coaches must "check-in" at the clerking tent at least one-hour before their event. When their event is called they will be receive their readiness briefing and uniform, shoes and equipment checks and final instruction in the clerking tent. Assigned hip numbers will identify which heat the runner is in. They will be escorted to the starting line for their event, leaving clothing, water bottles etc., in the provided crates.
 - ii) After their events, runners will be directed off the end of the track and may return outside the track to pick-up their gear from the clerking area.
- d) Combined Event check-in/clerking procedures.
 - i) Athletes or their coaches must "check-in" at the clerking tent at least one-hour before their event. They must also present their implements for inspection well before their events. When their event is called these athletes will be receive their readiness briefing and uniform, shoes and equipment checks and final instruction in the clerking tent from their event coordinator who will then marshal their group, escort them to their venues and provide any necessary instructions.
- e) Athletes competing in multiple events with schedule overlaps are responsible to manage their time and inform venue judges and clerks so that holdups that may impact their ability to compete in their events are minimized.
- f) Clerking change forms are available at the clerk's tent to scratch any relay member from individual events. Relay team participants must be declared with the Clerks when called.

4) **WEIGHTS AND MEASURES:**

Implements will be inspected in a tent outside the fence past the common finish line. Approved implements will be marked but not impounded.

Illegal implements will be impounded.

- a) Implements may be inspected at the following times only:

Thursday: 10:30 a.m. to 1:00 p.m.

Friday: 8:30 a.m. to 9:15 a.m. and 2:15 p.m. to 3:00 p.m.

Saturday: 8:30 a.m. to 9:15 a.m. and 12:15 p.m. to 12:45 p.m.

Sunday: 8:30 a.m. to 9:15 a.m. and 12:15 p.m. to 12:45 p.m.

- b) Privately owned javelins are exempt from loss of identity by Rule 302.5.g, other athletes will need owner permission to use them.
- c) Illegal implements impounded at W&M and will be distinctly marked as illegal.
- (1) A separate owner identifying sheet stays with the group of impounded implements identifying the basic problem with each impounded implement.
 - (2) To maintain an accurate accounting of impounded implements in/out, all impounded implements may only be retrieved at W&M after the event is complete.
 - (3) No impounded implements may be removed without a signature at weights and measures.
- d) Pole Vault Competitors will be weighed, their poles inspected for smoothness and to confirm they are weight appropriate and then color coded, bibs and flight sheets similarly color coded.

5) **PROTESTS:**

- a) **Protest and Appeals:** Inquiries regarding protests are normally first identified to the venue official so any immediate actions may be taken and so the appropriate Referee may be informed. A formal protest must be made in writing on the official protest form which will be available at the protest table in the Clerking Area or from a Referee. Formal protests relating to matters which develop during the conduct of the competition must be made in writing, only by an athlete or an athlete's representative on behalf of the athlete. The protest must be completed, signed and submitted no later than 30 minutes after the official announcement or posting of the results. The referee's decision will be posted at the protest table and a copy will be made available for the athlete filing the protest as soon as the information is available. A \$50 cash fee is required to file a protest. The fee will be returned if the protest is upheld. If an athlete or his or her representative wishes to appeal the referee's decision, an appeal must be submitted in writing, signed and accompanied by an additional \$50 cash appeal fee at the protest table, immediately and within 30 minutes after the action by the referee has been officially posted. The appeal fee is non-refundable unless the appeal is upheld. Appeals are made on the same form as the protest. An appeal must be filed only by an athlete or an athlete's representative on behalf of the athlete. The Jury of Appeals decision will be posted at the Protest Table and a copy will be available for the athlete or coach filing the appeal as soon as a decision regarding the appeal is made. [USATF Rules of Competition](#) may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. *Please note USATF Rule 119.4 when considering the use of video/photo footage for protests.*

6) **COMBINED EVENTS:**

- a) For Combined Events: If mixed genders compete on the same venue girls jump or throw first
- b) For Combined Events: If mixed age groups compete on the same venue, the younger age group throws or jumps first
- c) Hurdles run in even lanes
- d) 800M - Maximum of 12 per heat, fill even lanes from the outside per rule (302.5(g) if more athletes in heat than lanes available.
- e) 1500M - Maximum of 24 per heat.

- f) Vertical Jumps:
 - i) Increments for both girls and boys combined vertical jumps will be five (5) cm for the high jump and fifteen (15) cm for the pole vault.
 - ii) Initial height settings will be staged at zero (0) or five (5) cm height locations (e.g., 1.40 or 1.45 cm).
 - (1) Athletes should be prepared to choose their starting height in metric units.
 - (a) A conversion chart will be available
 - (2) Athletes should be prepared to choose their PV standards setting in metric units.
 - (a) A conversion chart will be available
 - iii) Event winners may select continuing increments of their choosing in the open events only.
- g) Throws and Horizontal Jumps: Three attempts

7) **FIELD EVENTS:**

- a) **REFEREES:** One
 - i) Field sheets will be provided to the head event official each day by the assigned referee. At the conclusion of an event, the referee will pick up the first and second recorder (or coordinator) sheets and perform a confirmation of the record copy (after the event head has verified the completion time, checked and signed the results and the recorder(s) have also signed the sheets).
 - ii) The assigned field referee will provide vertical jump starting heights to event officials for each competing division.
- b) **SCHEDULE:**
 - i) Events may move ahead of schedule but will not move ahead by more than 60 minutes.
- c) **LATE ARRIVING:** Athletes are managed per R180.8.a and rule 302.5.p and:
 - i) Athletes reporting after the event has begun will be placed in a subsequent flight if one is available. If another flight is not available, the athlete is entitled to any remaining attempts, but not to any warm-ups from the circle/runway. In the vertical jumping events, late athletes are assumed to have passed any heights and attempts missed.
- d) **RUNBACKS:**
 - i) For safety reasons and efficiency, runbacks are not allowed in any of the field events, athletes must have measured takeoff locations.
- e) **MARKERS:** Unless specific markers are provided by the games committee, **only white athletic tape is allowed** – (No duct tape, masking tape or other types are allowed, colored tape allowed only atop white athletic tape) – all markers must be identified with competitor's name, please prepare marking tapes ahead of time. If wet, event officials may provide thumbtacks or staples to secure field event markers, pins are not allowed.
 - i) Maximum Number & Size marks are two (2) - 2 x 3" alongside runways and three (3) - 2 x 3" on HJ Apron. Marks not allowed anywhere else for field events. Rules 181.3 and 302.5.j apply.
 - ii) Athletes who are not available when marks are being established may have to set their marks when called to jump if a coach has not set them for the athlete.
 - iii) No markers are allowed for the other throwing events
- f) **ASSISTANCE BY COACHES OR PARENTS:**
 - i) Except for providing assistance to establish marks in the High Jump and Pole Vault (R300.5.k) coaches or parents are not allowed in the competition areas. They must leave all field event areas including the vertical jump areas at least ten (10) minutes prior to event start, as directed by the venue official.
- g) **ABSENT COMPETITOR:** Athletes must request the event official to document time excused & returned
 - i) If absent but properly excused - Apply (R – 302.5.p)
 - (1) If properly excused from a vertical jumping event to compete in another event, an athlete is allowed a 10 minute time period to return to competition (R 302.5.p).

- (a) Athlete fails to return within the allowed time; if all other competitors have cleared failed or passed, the bar will be raised.
- (b) Athlete returns within the allowed time; all of their attempts remaining at that height may be taken.
- (2) If properly excused from a horizontal jump or a throwing event to compete in another event, a competitor has no specific time limit to return but must return before the conclusion of preliminaries (if in preliminaries) or finals (if in finals): Else, they forfeit all attempts missed while they were absent. If they return before the conclusion they are allowed all untaken attempts
- ii) If absent but unexcused apply (R 180.8.a): Call the athlete, let the time expire and charge with failed trial due time foul.
- h) **CONFLICTING EVENTS:**
 - i) Event Head Officials should attempt to determine if any athletes have conflicting events. Athletes entered in field events as well as sprints and relays in particular may create this conflict. Officials should inform the assigned Referee of such issues. The Referee will work with clerking and hiping to ensure the athlete has an opportunity to compete in his/her events. Youth rules (R – 302.5.p) allow for excused athletes to compete out of order in both the preliminaries and finals to accommodate this situation.
- i) **ADVANCEMENT/PLACEMENT:**
 - i) For throws and horizontal jumps, the top eight (8) will be advanced to the finals (ties for 8th are broken). For all events, the top five (5) places will be certified for awards; (include ties).
- j) **VENUE COMMENTS:**
 - i) Officials will place measuring tapes on the PV, Javelin and Horizontal Jump runways for use to establish marks.
 - ii) Combined Events: If mixed genders compete on the same venue girls jump or throw first
 - iii) Combined Events: If mixed age groups compete on the same venue, the younger age group throws or jumps first
- k) **EVENT JUDGE AUDIO AMPLIFIERS:** Recommended and allowed but not provided.
- l) **CONES:** Used to identify; closed venues, takeoff boards etc.
- m) **WIND INDICATORS:** Provided at appropriate venues.
- n) **HORIZONTAL JUMPS:** Are in flights
 - i) **LATE ARRIVING:** See Field Event Guidance above
 - ii) **RUNBACKS:** See Field Event Guidance above
 - iii) **MARKERS:** See Field Event Guidance above
 - iv) **WIND INDICATORS:** See Field Event Guidance above
 - v) **ADVANCEMENT:**
 - (1) In the horizontal jumps preliminaries consist of three (3) attempts with an additional three (3) attempts in finals for the top eight (8). The order for the final three (3) attempts will be in reverse order of performance in the prelims. There is no reorder after the fifth (5th) round.
 - (2) NUMBER OF COMPETITORS: greater than eight (8), use (R – 180.4.b); eight (8) or fewer, use (R – 180.4.c)
 - (3) All fair jumps will be measured.
 - (4) Use R 180.4.b & R180.14 to break ties for eight (8th).
 - vi) **BOARDS/RUNWAYS:**
 - (1) However, athletes must declare which board they will be using. They may change boards during the competition but must inform the coordinating official prior to the jump.
 - (2) Existing boards on both pits are located approximately 6', 28', 34' and 41' from the pit.
 - (i) Additional boards are provided at 3', 12', 16', 20', 24' and 38'.

vii) **WARM-UP FORMAT:**

- (1) First AM event - pits are prepared and open ≥ 30 minutes before start for getting marks and instructions.
- (2) Warm-up before prelims will be approximately fifteen (15) minutes.
- (3) If necessary, a short venue officials' briefing to the athletes will commence about five (5) minutes prior to the event start.
- (4) Warm-up between prelims and finals are limited to two (2) jumps - only for each finalist from a previous flight.
- (5) If all finalists are from the final flight no additional warm-up is allowed.

o) **THROWS:** Are in flights

i) **LATE ARRIVING:** See Field Event Guidance above

ii) **MARKERS:** See Field Event Guidance above

iii) **WIND INDICATORS:** See Field Event Guidance above

iv) **ADVANCEMENT:**

- (1) In the throws, preliminaries consist of three (3) attempts with an additional three (3) attempts in finals for the top eight (8). The order for the final three (3) attempts will be in reverse order of performance in the prelims. There is no reorder after the fifth (5th) round.
- (2) All fair throws will be measured.
- (3) Use R180.14 to break ties for eighth (8th) place.

v) **CIRCLES/RUNWAYS:**

- (1) Brushed concrete circle for the hammer and discus in the same cage.
- (2) Brushed concrete circles for the two (2) shot put areas.
- (3) Grass runways for the javelin area.

vi) **WARM-UP FORMAT:**

- (1) First AM event – venues prepared and open ≥ 30 minutes before start for instructions.
- (2) Warm-up before prelims will be allowed approximately twenty (20) minutes
- (3) If necessary, a short venue officials' briefing to the athletes will commence about five (5) minutes prior to the event start.
- (4) Warm-up between prelims and finals are limited to two (2) trips into the throwing circle - only for each finalist from a previous flight.
- (5) If all finalists are from the final flight no additional warm-up is allowed.

p) **VERTICAL JUMPS:** Continuing Flights (no 5 alive).

i) **LATE ARRIVING:** See Field Event Guidance above

ii) **RUNBACKS:** See Field Event Guidance above

iii) **MARKERS:** See Field Event Guidance above

iv) **WIND INDICATORS:** See Field Event Guidance above

i) **JUMPS:**

- (1) Increments for both girls and boys open vertical jumps will be five (5) cm for the high jump and fifteen (15) cm for the pole vault.
- (2) Initial height settings will be staged at zero (0) or five (5) cm height locations (e.g., 1.40 or 1.45 cm).
 - (a) Athletes should be prepared to choose their starting height in metric units.
 - (b) Athletes should be prepared to choose their PV standards setting in metric units.
 - (i) A conversion chart will be available
- (3) Event winners may select continuing increments of their choosing in the open events only.
- (4) The same increments and initial height setting procedures will be used for the combined events

ii) **POLE VAULT RUNWAYS:**

- (1) N&S runways are a maximum of 165' from inside the curbing to the zero plane
- (2) E&W runways are approximately 104' from back of box to back of box
- (3) Prior to each jump, officials will check the PV athlete bib and pole to confirm a color coding match.

iii) **HIGH JUMP APRONS:**

- (1) May require competitors using a long approach to start on the turf surface.

iv) **WARM-UP FORMAT:**

- (1) First AM event - pits prepared and open ≥45 minutes before start for getting marks and instructions.
- (2) Warm-up will be allowed approximately thirty (30) minutes.
- (3) If necessary, a short venue officials' briefing to the athletes will commence about five (5) minutes prior to the event start.
- (4) Use of a crossbar or bungee cord for warm-ups will not be allowed.

8) **RUNNING EVENTS:**

a) **REFEREE:** One Track Referee

- i) Heat sheets will be provided to the Finish Line Coordinator, Wind Gauge Operator, Head starter and Chief Umpire by the assigned referee.

b) **SCHEDULE:**

- i) Events may move ahead of schedule but will not move ahead of the required check-in time of one-hour in advance of an event.

c) **STARTERS AUDIO AMPLIFIER:** Allowed but not provided.

d) **STARTERS PISTOL AND SHELLS:** .32 Cal shells provided, pistols not provided

e) **BLOCKS:** No private starting blocks are allowed.

- i) Block holders will be meet volunteers

f) **MARKERS:** Only White athletic Tape - (No duct tape, masking tape or other types)

g) **CONES:** Used to identify cut in locations on track, edge of track when curbing removed for steeplechase or other purposes

h) **ESCORTS:** Athletes will be escorted to their starting lines and marshaled off the north end of the track beyond the finish line. They then make their way back to the clerking area to retrieve their clothes

i) **Events where age groups or genders may be combined:**

- (1) On Friday the 1500RW may combine age groups and genders
- (2) On Friday the 3000RW may combine age groups and genders
- (3) On Friday the 3000M may combine age groups and genders
- (4) On Saturday the 2000M Steeplechase may combine age groups
- (5) Events with multiple age groups compete youngest to oldest.
- (6) Events with both genders girls go first except when more expedients to have boys first (hurdles)

j) **LANE STAGGERS:** One two and three turn stagger start locations exist - there are no California boxes

k) **RELAYS:**

- i) **BATONS:** No private batons are allowed.
- ii) 1600m Relay - Number of stagger turns - per rule 302.2.h, three turn stagger.
- iii) 3200m Relay - Number of stagger turns - per rule 302.2.h, one turn stagger.
- iv) Zone judges will principally be Umpires, they will signal the chief umpire who then signals the finish line coordinator who then signals the starter
- v) All team members must be wearing tops the same color and shorts of same color
- vi) In relays where an acceleration zone is allowed; per R170.11 one marker up to (2"x16") maximum is allowed on the track, in their lane, as an aid to the outgoing runner. White athletic tape is the only marking material allowed.

l) **DISTANCE RACES:**

i) 800M

(1) Maximum - 12 per heat, fill even lanes from the outside per rule (303.1.c) if more athletes than lanes available.

(2) Number of stagger turns – One.

m) **HURDLES:**

i) Umpires and hurdles crew chief all signal readiness to the chief umpire who then signals the finish line coordinator who signals the starter.

ii) The hurdles have moveable weights

n) **STEEPLECHASE:** Pit is inside the track, curbing must be removed and cones installed.

9) **RACE WALKING:**

a) **ATTIRE:** Athletes must provide a clear view of the leg and knee area – long baggy shorts, multi-colored tights, sweatpants etc., are not allowed.