



USATF ADIRONDACK ASSOCIATION JUNIOR OLYMPIC CHAMPIONSHIP

Saturday, June 21st, 2014
University at Albany
Albany, NY

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Things Coaches, Athletes, and Parents Should Know!

PACKET PICK-UP

Coaches and Parents: when picking up your bib numbers, please note any athletes who have scratched from the meet or from individual events.

ADK Association Table - Packet Pickup

The Adirondack table will be set up at the top of the bleachers under the eave of the PE building.

MEET SCHEDULE

A tentative meet schedule is attached. **Please NOTE**, schedule is subject to be modified, and heats consolidated, depending on number of entries. Athletes in running events should be prepared to compete as much as 30 minutes before scheduled time of their event. Athletes, coaches and parents should listen carefully for any announcements of schedule changes and alerts to report to the clerking table.

COMPETITION AREA

Competition areas include the track, all areas inside the fences, and any other areas marked off with flagging or caution tape. These areas are restricted to athletes, officials and volunteers. No electronic devices, including: radios, cell phones, cameras, or ipods are permitted in the competition areas except by officials or volunteers.

IMPLEMENT WEIGH-IN

Implement weigh-in will take place at the shed at the end of the straightaway on the east end of the track from 7:30—7:45. Only those implements which have been weighed and measured and marked will be permitted for use in competition. Implements rejected for use will be impounded and held until the end of the meet.

MARKS FOR JUMPS

Prior to the start of competition, coaches or parents will be BRIEFLY permitted into the competition areas to assist athletes in establishing their start marks. **NO RUNBACKS WILL BE PERMITTED.** Coaches/Parents should know the distance/direction in advance and be prepared to write the athlete's name, and start mark on a 2 X 3 inch piece of athletic tape, which will be provided by the attending official, and place it next to the runway. A tape will be provided at the venue.

ABSENT FROM EVENT

If an athlete must leave a field event site to compete in another event, he/she must first inform the event official who will advise the athlete of the time frame within which the athlete must return.

AWARDS

Medals to top 3 males and top 3 females in each event within each division. Advancement: Top 8 males and females in each event in each division and top 3 relay teams qualify for Region 1 championship in Fitchburg, MA.

REGION 1 JO CHAMPIONSHIPS

The 2014 USATF Region 1 Junior Olympic Track & Field Championships will be hosted by USATF New England at Fitchburg State University, Fitchburg, MA, July 10-13, 2014. Registration for the Region 1 meet must be completed online at Coacho.com by July 3rd. A bright green postcard detailing meet information will be available on Saturday at the association meet. Find more information at www.usatfne.org

NATIONAL JO CHAMPIONSHIPS

The 2014 USATF National Junior Olympic Track & Field Championships will be held July 21-27 in Humble, TX. Information will be available at the Region One meet. For more information search the Events/Calendar at www.usatf.org.

Concession Stand

A concession stand will be provided by Sodexo, the food vending service for the University of Albany. The hours of operation will be from 9:00am to 6:00pm and located in the SEFCU Arena, behind the PE building. The concession will be on the right in the lobby after entering the main doors.

Use of Tents.

Approval of location for the placing of team and individual tents must be obtained from Meet Director Ken Skinner in advance at kennyskin@earthlink.net or call 518-489-5311 on the day of the meet.

SCHEDULE OF EVENTS

NOTE: Order of events subject to change.

All times are estimates. Events may run ahead or behind schedule due to number of entrants.

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. No Day of Meet Registration

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

Athletes seeking waiver should contact Meet Director Ken Skinner 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

Field Events

Check-in at venue: **8:30**

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

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) (warm-
ups 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.

- 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.

- **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.