



**2011 USA Track & Field
North Carolina Association
Junior Olympics Championships**

June 23-26, 2011

**Durham County Memorial Stadium
Durham, NC**

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Web site: www.ncusatf.org



2011 USA Track & Field North Carolina Association Junior Olympics Championships Durham, North Carolina

Date: Thursday, Friday, Saturday, and Sunday - June 23-26

Site: Durham County Memorial Stadium (*DCMS*)
750 Stadium Drive
Durham, NC 27704 (Off Interstate 85, take exit 176, Duke Street North 1mile)

Eligibility: Competitors must be 2011 USATF AGE VERIFIED members. The top five (5) places will qualify for the Region III USATF JO Championship at Mill Creek High School, Hoschton, GA, July 7-10.

Age Div: Age divisions are determined by year of birth.

Sub Bantam	8 & U	2003 and after*
Bantam	9-10	2001 – 2002
Midget	11-12	1999- 2000
Youth	13 - 14	1997 - 1998
Intermediate	15 - 16	1995 - 1996
Young M/W	17 – 18	1993 – 1994**

**In order for a sub-bantam to advance to the National Junior Olympics, he/she must turn seven by December 31, 2011*

*** Athletes born in 1992 are also eligible if his/her birthday falls on or after August 1, 2011.*

Entry Fees: Athletes participating in individual and Combined-Events must pay both entry fees.

Individual	\$5.00 per each individual event
Relays	\$12.00 per relay

Combined-Events:

Triathlon/Pentathlon	\$6.00 per individual
Heptathlon/Decathlon	\$8.00 per individual

Entry Process: Athletes can only be entered through Coach O's online entry process used by USATF; go to www.coacho.com to enter athletes in events. Only the names of athletes registered to your team, with ages "VERIFIED", will show up on Coach O for them to be entered in events

Fees **MUST** be paid on Coach O by the deadline with a credit card after athletes are entered. **Entry deadline is Tues, June 21.**

Relays: Relays must be entered on Coach O; relay declaration sheets will not be used as in the past.

Protest: All protests must be filed at the protest table, **within 30 minutes** of the posting of the results of the event. A cash fee of **\$20** must be submitted when filing protest. The money will be returned if the protest is upheld. **All** coaches must abide by the USATF rules and any supplemental polices or risk disqualification of an athlete or their team.

Awards: First through third place finishers will receive USATF medals, 4th through 6th place ribbons

Intent to Advance to Regional:

Regional qualifiers must declare on Coach O by midnight, Tuesday, June 28.

Facilities: Eight (8) lane, all weather track. Finish Lynx timing will be used. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents may be placed in stands in designated areas only. Only ¼", spikes or running flats will be allowed on DCMS track. No street shoes will be allowed on the track.

Packet Pick-up:

Clubs and individual athletes will be able to obtain their race related information at *DCMS* Thursday, June 23, beginning at 8:00AM and Friday, June 24 thru Sunday, June 26 from 7:00AM to 6PM.

Gate Fees:

Spectators: \$2.00 per day:

Free: **USATF Member coaches who have completed 2011 USATF background screening, participating athletes, children (under 10).**

Warm up Area: Athletes may warm up on the designated fields adjacent to the track.

Call of Events:

Each competitor should report to the Clerk of Course on first call. In the case of field events, the competitor must report to the Field Judge in charge of the event. Track events take precedence over field events however, you must report to the Field Judge first and request permission to be excused. For all events:

If an athlete is not checked in and ready to move to the track by the Final call, they will be scratched.

Rules:

USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be adhered to strictly. Rulebooks may be obtained from USATF National Office.

In events where preliminaries are run, the top 8 times will advancement to the finals.

Uniforms for the purpose of relays (Rule 302- 3{d}) All participant shall wear tops of the same color as well as shorts of a same color.

No coaches are allowed on the track or field event area except for injuries.

NC USATF JUNIOR OLYMPICS PARTICIPATING HOTELS

Hotel	Rate	Comments	Cutoff	Contact
SpringHill Suites Durham Chapel Hill 5310 McFarland Drive Durham, NC 27707	\$89.00	Complimentary breakfast DCMS – 7 miles	June 10	Reservations (919) 403-1111 Shari Howes, Director of Sales
Courtyard by Marriott 1818 Front Street Durham, NC 27705	\$89.00	DCMS – 1.5 miles	June 10	Reservations (919) 309-1500 Tim Rogers, Sales Manager
Homewood Suites 4603 Central Park Dr Durham, NC 27703	\$89.00	Complimentary breakfast DCMS 10 miles	June 10	Reservations (919) 474-9900 Cathy Rector, Sales Manager

Be sure to ask for the NC USATF Junior Olympic Championships group rate

Rates do not include applicable sales and occupancy taxes.

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Durham, North Carolina**

Schedule of Events

THURSDAY, June 23

9:00 AM– IG & YW Heptathlon (1st Day)

100m Hurdles (33'') IB/YM (36'')
High Jump
Shot Put (4kg)
200m Dash

9:30 AM- MG & MB Pentathlon

80m Hurdles (30'')
Shot Put (6lb)
High Jump
Long Jump
800/1500m Run MG/MB

10:00 AM – YG & YB Pentathlon

100m Hurdles (YG 30''/ YB 33'')
Shot Put (6lb YG/ 4 kilos YB)
High Jump
Long Jump
800/1500 Run YG/YB

10:30 AM - IB & YM Decathlon (1st Day)

100m Dash
Long Jump
Shot Put (12lb)
High Jump
400m Dash

Running Events:

5:00 PM 4 x 800 Relay Finals MG, MB, YG, YB, IG, IB
YW/YM

Running Event Information

1. Qualifying from heats, top eight times.
2. If 8 or less shows up for trials, they will be run as finals at that time.
3. Youngest age group first except where indicated.
4. All starting blocks and relay batons are provided. Do not bring your own.

FRIDAY, June 24

Running Events (Rolling Schedule)

8:00 AM 2000m Steeplechase IG/YW (30'')
IB/YM (36'')

9:00 AM- IG & YW Heptathlon (2nd Day)

Long Jump
Javelin (600g)
800m Run

9 AM- IB & YM Decathlon (2nd DAY)

110m Hurdles (39'')
Discus (1.6kg)
Pole Vault
Javelin (800 G)
1500m Run

9:30 AM – BG-BB Triathlon

Shot Put (6lb)
High Jump
200/400m Dash BG/BB

10:00 Racewalks

3000m Racewalk Finals IG, IB, YW, YM
3000m Racewalk Finals YG, YB
1500m Racewalk Finals BG, BB, MG MB

Relays

4x400 Relay Qualifying All Divisions
4x100 Relay Qualifying All Divisions

800 Meters

Finals All Divisions

Field Events:

Hammer Throw

8:00 AM IG/YW 4kg. IB/YM 12lb.
Athletes must provide own hammer.

Javelin:

4:00 PM Youth Girls (600g)
5:30 PM Youth Boys (600g)

Long Jump:

11:00AM SBB- Pit #1, SBG-Pit #2

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SATURDAY, June 25

RUNNING EVENTS (Rolling Schedule)

8:00 AM 300m Run Finals
Short Hurdle Qualifying
80m h MG/MB (30")
100mh YG (30")
100mh YB/IG/YW (33")
110mh IB/YM (39")
100m Dash Qualifying All Divisions
400m Dash Qualifying All Divisions
200m Dash Qualifying All Divisions
Long Hurdle Qualifying
200m h YG/YB (30")
400mh IG/YW (30")
400m h IB/YM (36")
4 x 100 Relay Finals All Divisions

FIELD EVENTS:

POLE VAULT

9:00 AM YG/IG/YW – must provide own pole

TRIPLE JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
10:00 AM IB – Pit # 2/IG Pit # 1
11:00 AM YM – Pit # 2/YW Pit # 1

LONG JUMP:

1:00 PM BB -- Pit # 1/BG – Pit # 2
3:00 MB – Pit # 1/MG – Pit # 2

HIGH JUMP

9:00 AM YM - Pit # 2
9:00 AM BB - Pit # 1
11:00 AM IB - Pit # 2
11:00 AM MB - Pit # 1
1:00 PM YB - Pit # 2

SHOT PUT:

9:00 AM YM - (12lb)
10:30 AM IB - (12lb)
12:00 PM YB - (4kg)
1:30 PM MB - (6lb)
3:00 PM BB - (6 lb)
4:30 AM SBB - (2kg)

DISCUS

9:00 AM MG – (1kg)
10:30 AM YG – (1kg)
12:00 PM IG – (1kg)
1:30 PM YW – (1kg)

JAVELIN

8:00 AM YW (600g)
8:30 IG (600g)

MINI JAVELIN

9:00 AM SBG (300g)
10:30 AM SBB (300g)
12:00 PM BB (300g)
1:30 PM BG (300g)
3:00 PM MG (300g)
4:30 PM MB (300g)

SUNDAY, June 26

RUNNING EVENTS (Rolling Schedule)

8:00 AM 1500m Run Finals All Division
Short Hurdles Finals
100m Dash Finals
400 M Dash Finals
200m Hurdle Finals
400m Hurdle Finals
200 m Dash Finals
4x400m Relay Finals

FIELD EVENTS:

POLE VAULT

9:00 AM YB/IB/YM – must provide own pole

DISCUS

9:00 AM MB (1kg)
10:30 AM YB (1kg)
12:00 PM IB (1.6kg)
1:30 PM YM (1.6 kg)

HIGH JUMP

9:00 AM YW - Pit # 2
9:00 AM BG - Pit # 1
11:00 AM IG - Pit # 2
11:00 AM MG - Pit # 1
1:00 PM YG - Pit # 2

SHOT PUT

9:00 AM YW - (12lb)
10:30 AM IG - (12lb)
12:00 PM YG - (4kg)
1:30 PM MG- (6lb)
3:00 PM BB - (6 lb)
4:30 AM SBG - (2kg)

LONG JUMP

9:00 AM YB – Pit # 2 / YG Pit # 1
11:00 AM IB – Pit # 2/IG Pit # 1
1:00 PM YM – Pit # 2/YW Pit # 1

JAVELIN

8:00 AM YM (800g)
8:30 AM IB (800g)

Implements for the Throws:

Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.