



**2009 USA Track & Field
North Carolina Association/Region 16
Junior Olympic Championships**

June 26-28, 2009

**North Carolina A&T State University
Greensboro, NC**



**Meet Director: Frank Davis (919) 477-9445 email: fdavis@durhamstriders.com
Web site: www.durhamstriders.com**



2009 USA Track & Field North Carolina Association/Region 16 Junior Olympic Championships Greensboro, North Carolina

Date: Friday, Saturday, and Sunday - June 26-28

Site: North Carolina A&T State University (NC A&T) Track Facility

Eligibility: Competitors must be 2009 USATF members. Athletes must be members prior to entering meet. The first three (3) places qualify for the USATF Junior Olympics also to be held at NC A&T. The top five (6) Sub-Bantams will qualify for the Region III USA/JO Regional Championship to be held at the Prince George's Sports Complex in Landover, MD, July 9-12, 2009.

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

Sub Bantam	8 & U	2001 and after
Bantam	9-10	1999 – 2000
Midget	11-12	1997- 1998
Youth	13 - 14	1995 - 1996
Intermediate	15 - 16	1993 - 1994
Young M/W	17 – 18	1991 – 1992*

* Athletes born in 1990 are also eligible if they do not turn 19 on or before 8/02/2009

An athlete must compete in his/her age division only. Sub Bantams can compete as 8&U or 9-10. If they compete in the 8&U division, they do not advance to the National Championship, only to the Regionals.

Entry Info: Entry fee is \$5.00 for *each individual event* an athlete enters and \$12.00 *per relay team*. No entry fee will be transferred or refunded. Bring a legible copy of a birth certificate or proof of age for each athlete with age not verified by USATF; do not send in advance.

Entry Process: Athletes must be entered through Coach O's online entry service, at www.coacho.com or www.coachoregistration.com/cgi-bin/login.pl?cd=nc_durhamstriders .

Fees **MUST** be paid during the online entry process. If age does not indicate verified during the USATF entry process, you must bring a recognized copy of proof of age, birth certificate, driver's license or passport, etc. **Entries without proof of age verification will not be forwarded to the Nationals or Region 3. Entry deadline is Tues, June 23.** All individual entry forms must be turn in during declaring for the Nationals or Region 3. Forms will be supplied at the NC Association/Region 16 meet. Forms can also be printed from the NC USATF web site in advance; individual forms must be printed on green paper. A late fee will be charged by for incomplete forms.

Relays: A Relay Roster Form must be completed and filed at the Junior Olympic Association meet package pick-up. All athletes must be in same age group. You need only file this roster one time as it is passed on to succeeding meets, and only athletes listed on this roster may compete on your relay team

Protest: All protests must be filed at the protest table, **within 30 minutes** of the posting of the results of the event, by the designated person from each team or the individual competitor, if competing unattached on the provided protest form. 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 policies or risk disqualification of an athlete or their team.

Awards: The top three (3) in each event will receive medals; 4th thru 6th, ribbons.

Intent to Advance to Region 3/Nationals:

A sub-bantam competitor who intends to attend the Region 3 meet must declare his or her intent to advance in the Junior Olympics by registering and paying his/her entry fee at the Association meet. This includes multi-events. All payment must be made in cash. **No club or personal checks** will be accepted. Please bring correct change if possible. **National qualifiers must declare on Coach O by midnight June 29.**

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.

HOTEL INFO:



PREFERRED HOTEL INFORMATION	HOTEL FEATURES	DISTANCE FROM TRACK / RATES
<u>Hilton Garden Inn</u> 4307 Big Tree Way Greensboro, NC 27409 336-852-1491 Cutoff: June 27, 2009 Fax: 336-85211492 www.greensboro.stayhgi.com	Free local calls, free internet, interior corridors, indoor pool	7 miles Room rate: \$ 89.00
<u>Park Lane Hotel</u> 3005 High Point Road Greensboro, NC 2740 336-294-4565 www.park-lane-hotel.com	Free Breakfast, interior corridors, gated parking, heated pool, free wireless internet	7 miles Room rate: \$73.00
<u>Comfort Suites Four Seasons</u> 3308 Isle Street Greensboro, NC 27407 336-235-4002 www.comfortsuites.com/hotels/nc485	Free Breakfast, interior corridors, heated pool, free wireless internet	7 miles Room rate: \$89.99

Ask for: NC USA Track & Field Rate

**Directions to North Carolina A&T State University
1601 E. Market Street
Durham, NC 27411**



From Winston-Salem: (40 East / North 85 Business)

Travel on Interstate 40 East to Greensboro. Once in Greensboro, continue on Business 85 North to Old Exit #127 , now exit 39 (Highway 29 North, Reidsville Exit). Take Exit 39 onto HWY 29 North. Remain on HWY 29 North for approx. four miles. Take the West Market Street / N.C. A&T University Exit. Once you exit, yield to the right on Market Street. At the second stoplight, turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

From Charlotte (North 85 Business)

Travel on Interstate North 85 Business until you reach the city of Greensboro. Once in Greensboro, continue on I-85 North to Old Exit #127 , now exit 39 (Highway 29 North, Reidsville Exit). Take Exit 39 onto HWY 29 North. Remain on HWY 29 North for approx. four miles. Take the West Market Street / N.C. A&T University Exit. Once you exit, yield to the right on Market Street. At the second stoplight, turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

From Durham (Business 85 S/40 W)

Travel on Business 85 South / 40 West to Greensboro. Once in Greensboro, take Old Exit #128 now exit 41 (Lee Street Exit). Bear right and continue on Lee Street approximately 2.7 miles. Turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

From Reidsville (29 S)

Follow Highway 29 South into the city of Greensboro. Once in Greensboro, continue to follow 29 south for approximately six miles. Take the West Market St. / A&T University Exit. Turn right on Market Street. At the first stoplight, turn right on Benbow Road. Continue on Benbow Road, through campus to track & field facilities.

**2009 USA Track & Field
North Carolina Association/Region 16
Junior Olympic Championships
Greensboro, North Carolina**

Schedule of Events

Running Events *(Rolling Schedule)*

Friday, June 26

5:30 PM 3000M/5000M Run
 4x 400 Trials

Saturday, June 27

9:00 AM Steeplechase
 Short Hurdles Trials (80M, 100M, 110M)
 400 M Dash Trials
 100 M Dash Trials
 200M/400M Hurdle Trials
 200 M Dash Trials
 4x 100 M Trials
 4 x 800 Finals
 Race Walk Finals

Sunday, June 28 (All Finals)

9:00 AM 1500 M
 400 M Dash
 Short Hurdles (80M,100M,110M)
 100 M
 200M/400M Hurdles
 800 M Run
 200 M Dash
 4 x 100 Relay
 4 x 400Relay

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
3. Youngest age group first except in hurdles.
4. All starting blocks and relay batons are provided. Do not bring your own.

Combined-events will be contested in Greensboro at Western Guilford High School, Tuesday & Wednesday, July 7 & 8. The entry process on Coach O will re-open from June 28 to July 5 for addition entries for combined-events.

Field Events

Friday, June 26

Event	Time	Age Group
Pole Vault	5:30 PM	All Division Women
	7:00	All Divisions Men
Hammer	5:30	All Divisions

Saturday, June 27

Sunday, June 28

Event	Time	Pit a	Pit B	Event	Time	Age Group	Age Group
		Age Group	Age Group				
Long Jump	9:30 AM	SSB	SSG	Javelin	10:00	YM/IB	
	10:30	BB	BG		11:00	YW/IG	
	12:00	MB	MG		12:00	YB/YG	
	1:30	YG	YB	Turbo Javelin	1:00	MB/MG	
	3:00	IG	IB		2:00	BB/BG	
	4:30	YW	YM		3:00	SBB/SBG	
Shot	9:30	YG	SBB/SBG				
	10:30	YB	BB/BG	Triple Jump		Pit A	Pit B
	12:00	YM	MB		9:30	YM	YW
	1:30 PM	IB	MG		10:30	IB	IG
	2:30	YW/IG			12:00	YB	YG
Discus	9:30 am	YM					
	11:00	IB		High Jump	9:30	BG	
	12:30 PM	YW/IG			10:30	BB	
	2:00	YG			11:30	MG	
	3:00	YB			12:30	MB	
	4:30	MB/MG					
High Jump	9:30	IG/YW					
	11:00	IB					
	12:30	YM					
	2:00	YG					
	3:30	YB					

Field Event Information:

1. These are the starting times for field events. Any warm-ups or run ups should be done before this. **Note that the Pole Vault and Hammer Throw will be contested on Friday, June 26, beginning at 5:30 pm.**
2. Rule 302 5(p). No time limit shall be imposed on competitors excused from throwing or horizontal jumping events, except that the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries or before the conclusion of all other final attempts if excused during the finals. Failure to return within the allocated period shall result in forfeiture of missed attempts.
3. Implements will be provided in shot put, discus, and javelin. **Do not** bring your own implements to use.
4. Calls will be made for field events. Athlete will not be allowed to check-in after third and final call.
5. All marks will also be shown in feet and inches in the results.