

**2011 USATF SOUTH ZONE YOUTH INDOOR TRACK & FIELD  
CHAMPIONSHIPS**

**PRINCE GEORGE'S SPORTS AND LEARNING  
COMPLEX**

**8001 Sheriff Road  
Landover, MD. 20785 (301) 583-2400  
Sunday, January 16, 2011  
HOST: Potomac Valley Association**

**ELIGIBILITY:**

**INDIVIDUALS:** Open to any USATF registered athlete in the South Zone that falls within the age divisions listed below. The number of events an athlete may enter is based on USATF Youth Competition Rule limits; three events for Sub Bantams thru Midgets and four events for Youth thru Young. Athletes must be registered as 2011 members with USATF prior to participating. For membership information, go to([www.usatf.org/membership/application/](http://www.usatf.org/membership/application/)). Birth verification must be submitted prior to registration to your membership chair or faxed to the National Headquarters (*Attn:Ashley Huxman*) *Fax Number:1-800-833-1466.* *It will be helpful to write your membership number on your proof of birth prior to submitting.*

**RELAY TEAMS:** To participate on a relay, all athletes must be current members of the same participating Club. All clubs must be a current 2011 member, in 'good standing' with USATF. All athletes must be in the same age group of each club to compete (No move-ups). USATF relay dress code applies.

**AGE DIVISION:** Age divisions are determined by year of birth as of December 31, 2011.

Sub Bantam 8 & U 2003 and after  
Bantam 9-10 2002 – 2001  
Midget 11-12 2000 – 1999  
Youth 13 - 14 1998 – 1997  
Intermediate 15-16 1996 – 1995  
Young 17 – 18 1994 – 1993 and 1992 if date of birth is after July 31, 2011.  
An athlete must compete in his/her age division only.

**ENTRY INFO:** Entry fee is \$8.00 per event - \$32.00 per relay. Entries can only be made *on-line* at [http://usatfregistration.com/meet/entry/md\\_usaysozone/](http://usatfregistration.com/meet/entry/md_usaysozone/)

**AWARDS:** USATF Indoor Zonal Medals, 1--6<sup>th</sup> place.

**RULES: In accordance with 2011 Competition Rule Book.**

**EQUIPMENT: Athletes must use the starting blocks and batons provided by the meet.**

**Throwers can provide their own implements that must be certified prior to use.**

**FACILITIES: 200 Meter flat Mondo surface, six lanes (8 lanes on straight away) FinishLynx timing.**

**Concession stands open during meet. No tape decks, radios or glass containers allowed in the facility.**

**Spikes are Limited to 1/4 inch pyramid, No “Christmas Trees” or Pin spikes. This will be strictly enforced. Athletes will not be allowed to run with longer spikes.**

**PACKET PICK-UP Team packets will be available at facility after 7:00 a.m.; coaches meeting at 8:30 a.m.**

**MEET DIRECTOR: Henry McCallum Jr Ph: 301-322-7356 Email: [hmcca77@verizon.net](mailto:hmcca77@verizon.net)**

**ZONAL REPRESENTATIVE: Inez Finch Ph:770-977-1850 Email: [Inezfinch@aol.com](mailto:Inezfinch@aol.com)**

**THIS IS A USATF SANCTIONED MEET.**

**SPECTATOR FEE- \$5.00; Coaches with valid USATF Memberships & Background Screening is free**

**Seniors 60 years and older is \$4.00**

**Anyone 6 years and younger is free**

**NEW THIS YEAR!!!!**

**USATF is hosting a National Youth Indoor Championship**

**Athletes and Teams must compete in the Zonal Meets in order to qualify for the National Indoor Championship. The top six in each event/division will be eligible to compete in the USATF Youth National Indoor Championships March 12-13 Chicago, Illinois at Proviso West High School. Please go to [www.usatf.org/youth](http://www.usatf.org/youth) for additional information.**

# SCHEDULE OF EVENTS

## ORDER OF EVENTS

<u>Event</u>	<u>Ages</u>
3000M Run	(11-18)
55 Hurdle (SEMI)	(11-18) Top 8 times to Final
55M (SEMI)	All ages Top 8 times to Final
400M (Finals)	All ages
1500M	All ages
4 x 200 Relay	All ages
55 Hurdle (Finals)	
55M (Finals)	
800M (Finals)	All ages
200M (Finals)	All ages
1500M Race Walk (Finals)	(9-18)
4 x 400 Relay	All ages

## FIELD EVENTS

ShotPut	All ages
Long Jump	All ages
High Jump	(9-18)
Triple Jump	(13-18)
Polevault	(13-18)

**FIELD EVENTS: All competitors in the Long jump, triple jump and Shot put will be given three attempts with the top eight advancing to the finals.**

### **FIELD EVENTS WILL BEGIN AT 9:00AM.**

#### **Order of field events:**

- ShotPut – Sub-Bantam, Bantam, Midget, Youth, Intermediate, Young (Girls followed by Boys)
- Long Jump – Young, Intermediate, Youth, Midget, Bantam, Sub-Bantam
- High Jump – Bantam, Midget, Youth, Intermediate, Young,
- Triple Jump – Youth, Intermediate, Young  
(Will follow the conclusion of LJ)
- Polevault – Intermediate, Youth, Young (Girls followed by Boys)

**Only competing athletes and officials will be permitted on the track or infield area, except medical emergencies**

**CHECK-IN: Two calls will be made for each event. Athletes in running events must report to the clerk of course, ready to compete. Field event athletes must report directly to their event. When an athlete is competing in a running event and a field event simultaneously, the athlete must check in at both events, tell the head referee that he/she is also running and must report back to the field event within three minutes of completion of their running event.**



## Associations in South Zone:

Alabama	North Carolina	Southern
Florida	Potomac Valley	Southwestern
Georgia	South Carolina	Tennessee
Gulf	South Texas	Virginia
		West Texas

Teams may choose whichever zone they want to participate. It does not have to be the zone in their area.

## Sports & Learning Complex Satellite Parking FedEx

### GREEN LOT D3 & D4: REDSKINS ROAD

#### **DIRECTIONS:**

**From 495: Take Landover road exit 17B. Get into left lane off the ramp onto Landover Road. Take left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right into Green Lot D3 & D4.**

**From Sheriff Road: Follow Sheriff Road toward Fed Ex Field past the Sportsplex entrance. Stay in the right hand lane. Take a right turn before the light at Sheriff and Brightseat road intersections onto Redskins Road. Take an immediate right into Green Lot D3 & D4.**

## HOTEL INFORMATION

Name of Hotel & Number	Rate	Free Breakfast	Distance
Best Western 301-459-1000	\$79.00	Yes	3 Miles