



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

**June 23-26, 2011**

**Durham County Memorial Stadium  
Durham, NC**

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## 2011 USA Track & Field North Carolina Association Junior Olympic 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 1 mile)

**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, and 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:** **Online Entry Registration:**

The Coach O online entry system, ([www.coacho.com](http://www.coacho.com)), must be used for the Junior Olympic Series beginning with the North Carolina association meet. Date of birth (DOB) verification must be completed prior to entering the association meet. ***The online entry system will not allow entry if DOB has not been verified in the membership record.*** Fees **MUST** be paid on Coach O by the deadline with a credit card after athletes are entered. **Entry deadline is Tues, June 21.**

**Waivers****Participants:**

**ALL** athletes who participate in the USATF Junior Olympic Program must complete the [Participant Waiver & Release Form](#). This form is already integrated in the online entry system and can be completed electronically if athletes enter individually. For team entries, the form must be downloaded and completed manually. All forms must be collected and passed on to the next level of the Junior Olympic Series.

**National Junior Olympics**

Athletes who compete in the Junior National Championships or World Youth Championships may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition and completion of the [waiver and entry form](#) to National meet must be made prior to the Regional meet via the Region 3 Coordinator; address is located on waiver info. Entry fee into the national meet must accompany waiver form.

**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, 4<sup>th</sup> through 6<sup>th</sup> 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.

*Rule 303 will be used to form heats and determine finalist for events requiring preliminaries. As determined by the Games Committee, in events where preliminaries are run and more than 48 athletes are entered, 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 OLYMPIC 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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**Schedule of Events**

**THURSDAY, June 23**

**9:00 AM- IG & YW Heptathlon (1<sup>st</sup> 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 (1<sup>st</sup> 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 show up for trials, they will be run as finals at that time, **EXCEPT THE 4X100M AND 4X400M RELAYS.**
3. A performance list will be posted; relay teams do not have to report if 8 or less are entered.
4. Youngest age group first except where indicated.
5. All starting blocks and relay batons are provided. Do not bring your own.

**FRIDAY, June 24**

**Running Events**

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

**9:00 AM- IG & YW Heptathlon (2<sup>nd</sup> Day)**

Long Jump

Javelin (600g)

800m Run

**9 AM- IB & YM Decathlon (2<sup>nd</sup> 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

**12:30 PM - Relays**

4x400 Relay Qualifying All Divisions

4x100 Relay Qualifying All Divisions

**2:30 PM - 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

## 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 BG - (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.