



**2011 USA Track & Field
Region IV Junior Olympics Qualifier**

July 7 - 10, 2011

**Ansin Sports Complex
10801 Miramar Blvd.
Miramar, FL 33025**

Florida Association President: Robin Brown-Beamon: 786-554-0989 usatf-fl.prez@bellsouth.net
Region IV Coordinator: Angela Harris: 904-616-9373 epitomeofex@comcast.net
Youth Chair - Joey Scott: 817-721-9735 joeyscott_52@hotmail.com

Packet Pick Up:

Athletes will be able to pick up their credentials and competition information at the Ansin Sports Complex.

Thursday, July 7, 2011 – 8:00 am to meet conclusion
Friday, July 8, 2011 – 7:00 am to meet conclusion
Saturday, July 9, 2011 – 7:00 am to meet conclusion
Sunday, July 10, 2010 – 7:00 am to meet conclusion

Eligibility Requirements:

Individuals: Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the Sub-bantam, Bantam and Midget divisions may compete in a maximum of three (3) events, including relays. Competitors in the Youth, Intermediate, and Young divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2011 members of USATF in good standing.

Relay Teams: Only registered 2011 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit www.usatf.org and select "Products/Services" to become a member.

ENTRY REQUIREMENTS:

Club Administrators and Unattached Athletes should register online at www.coacho.com by **Thursday, June 30th at 11:59 p.m.** **Late entries will not be allowed.** Online registration opens **02/21/11.** **Fees must be paid online by the close of registration.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Coach O for accuracy prior to submitting entry.

Valid 2011 USATF Membership and Proof of Birth is needed to compete. Before the meet start date, please ensure that the membership chair has received (via mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification). See Rule 300.1 (i) for further explanation.

Membership Chair: Pam Betz

Address: 104 E. Windermere, FL 34786

Fax: 407-876-5843

For questions, contact at: pambetz@aol.com 407-876-4467

ENTRY FEES: NO REFUNDS. NO ONSITE REGISTRATIONS

Athletes participating in individual and combined events must pay both entry fees.

Individual: \$6.00 per each individual event

Relay: \$24.00 per relay

Combined-Events: Triathlon/Pentathlon \$10.00 per individual
Heptathlon/Decathlon \$16.00 per individual

AWARDS: USATF Junior Olympic medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

ADVANCEMENTS: The top 5 athletes at the Region 4 Championships will qualify for the National Championships. Information is available at:

<http://www.usatf.org/events/2011/USATFJuniorOlympicTFChampionships/>.

IMPLEMENT WEIGH-IN: All athletes are responsible for bringing their own implements to the meet. Implements will be inspected by the lead official at each site.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of **\$5.00**.

EVENT RESULTS: During competition, event results will be posted at designated area. In addition, event results will be posted at www.usatf.org and www.coacho.com .

PROTESTS: There will be a **\$50.00 cash** fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

GATE ADMISSION FEES: \$5.00 per day

DIRECTIONS & PARKING TO ANSIN SPORTS COMPLEX:

I-95:

- Take I-95 exit Hallandale Beach Blvd.
- Go West on Hallandale Beach Blvd. (Hallandale Beach Blvd. changes to Miramar Parkway at State Rd. 7/441).
- Continue going West to Red Road.
- Make right on Red Road heading North.
- Make right on Hiatus Road, right on Miramar Blvd
- Park is on the left

I-75:

- Take I-75, exit Miramar Parkway East.
- Go East to Red Road.
- Make left on Red Road going North.
- Make right on Hiatus Road, right on Miramar Blvd
- Park is on the left

FLORIDA TURNPIKE:

- Exit Homestead Extension on Red Road and head North.
- Make right on Hiatus Road, right on Miramar Blvd
- Park is on the left

CONTACTS:

Robin Brown Beamon: 786-554-0989 usatf-fl.prez@bellsouth.net

Angela Harris: 904-616-9373 epitomeofex@comcast.net

RULES:

1. Any changes that are not a clerical error on the part of the meet management will be subject to a \$5 per athlete per occurrence change fee. NO changes will be allowed after June 30, 2011.
2. This event is open to Florida residents under the age of 18 (athletes not turning 19 before July 31, 2011 may compete). USATF members residing in Puerto Rico may compete as a Junior Olympic athlete.
3. Athletes must have a copy of their birth certificate with them in case of protest.
4. Sub-Bantam, Bantam and Midget divisions may compete in a maximum of three events, **including** relay events.
5. Youth, Intermediate and Young divisions may compete in a maximum of four events, **including** relay events.
6. Any athlete registering for more than the number of events allowed will not have their last event(s) recorded in the HY-TEK database.
7. Any bib number identified as competing in an event not defined in the HY-TEK database will not be recorded as a valid performance.
8. Tents are allowed in the upper rows of the bleachers.

FORMAT

1. The Junior Olympic program of USATF, the national governing body for Track & Field, Long Distance Running, and Race Walking, is a progression sports program. Junior Olympic Championships are offered in track & field and cross-country. The purpose is to expose youth athletes to positive experiences and competitive opportunities.
2. This event will serve as the qualifying meet for the USATF National Junior Olympic Championships to be held July 26 – 31, 2011 in Wichita, KS
3. At this event, all individual events under 800m will be run as trials and finals for ALL AGE GROUPS (Sub-Bantam Bantam, Midget, Youth, Intermediate, and Young).
4. ALL relays will be contested as finals against time.
5. Trials will be randomly seeded by computer.
6. The top five athletes in each division from this event will advance to the USATF National Junior Olympic Championships.
7. USATF Gold, Silver and Bronze medals will be awarded to the top three finishers in each division and event.

SPORT RULES

1. This event will be conducted in accordance to USATF rules for Youth Athletics.
2. In case of inclement weather, event officials reserve the right to adjust or roll the schedule.
3. In order to qualify for the USATF National Junior Olympic Championships you must place in the top five in the finals of your event, be a 2011 USATF member, and have a copy of your birth certificate.
4. **You must register online at www.coacho.com for the USATF National Junior Olympic Championships.**
5. Maximum spike length allowed on the track is 1/4 inch. Only blocks supplied by the facility will be permitted.
6. All age divisions are formulated on the year of birth of the athlete. The only exception is in the Young Division (17-18), where an athlete may compete as long as he/she does not turn 19 years old before July 31, 2011.

TRACK AND FIELD EVENTS

SUB BANTAM DIVISION (2003+)

100 Meter Dash	1500 Meter Run	Long Jump
200 Meter Dash	4x100 Meter Relay	Shot Put (2 kg)
400 Meter Dash	4x400 Meter Relay	Mini Javelin (300g)
800 Meter Run		

BANTAM DIVISION (2001-2002)

100 Meter Dash	High Jump	Triathlon: Shot Put (6 lb.)
200 Meter Dash	Long Jump	High Jump
400 Meter Dash	Shot Put (6 lb.)	200 Meter (G)
800 Meter Run	Mini Javelin (300g)	400 Meter (B)
1500 Meter Run	4x100 Meter Relay	
1500 Meter Race Walk	4x400 Meter Relay	

MIDGET DIVISION (1999-2000)

100 Meter Dash	80 Meter Hurdles (30")	4 x 800 Meter Relay
200 Meter Dash	Long Jump	Pentathlon: 80 Meter Hurdles
400 Meter Dash	High Jump	Shot Put (6 lb.)
800 Meter Run	Shot Put (6 lb.)	High Jump
1500 Meter Run	Discus (1kg)	Long Jump
3000 Meter Run	Mini Javelin (300g)	800 Meter Run (G)
1500 Meter Race Walk	4 x 100 Meter Relay	1500 Meter Run (B)
4 x 400 Meter Relay		

YOUTH DIVISION (1997-1998)

100 Meter Dash	4 x 800 Meter Relay	Discus (1kg)
200 Meter Dash	100 Meter Hurdles (B-33")	Pole Vault
400 Meter Dash	100 Meter Hurdles (G-30")	Javelin (600g)
800 Meter Run	200 Meter Hurdles (30")	Pentathlon: 100m H
1500 Meter Run	High Jump	Shot Put (B 4kg/G 6 lb)
3000 Meter Run	Long Jump	High Jump
3000 Meter Race Walk	Triple Jump	Long Jump
4 x 100 Meter Relay	Shot Put (B-4kg)	800 Meter Run (G)
4 x 400 Meter Relay	Shot Put (G-6 lb.)	1500 Meter Run (B)

INTERMEDIATE DIVISION (1995-1996)

100 Meter Dash	110/100 Meter Hurdles (Boys 39" - Girls 33")	
200 Meter Dash	400 Meter Hurdles (B - 36" , G - 30")	
400 Meter Dash	High Jump	Javelin (B 800 g - G 600g)
800 Meter Run	Pole Vault	Hammer (B 12lb - G 4kg)
1500 Meter Run	Long Jump	Decathlon (B)
3000 Meter Run	Triple Jump	Heptathlon (G)
2000 Meter Steeplechase	Shot Put (B 12 lb - G 4kg)	
3000 Meter Race Walk	Discus (B 1.6 kg - G 1kg)	
4 x 100 Meter Relay	4 x 400 Meter Relay	4 x 800 Meter Relay

YOUNG MEN'S/WOMEN'S DIVISION (1993-1994**)

100 Meter Dash	110/100 Meter Hurdles (Boys 39" - Girls 33")	
200 Meter Dash	400 Meter Hurdles (B - 36" , G - 30")	
400 Meter Dash	High Jump	Javelin (B 800 g - G 600g)
800 Meter Run	Pole Vault	Hammer (B 12lb - G 4kg)
1500 Meter Run	Long Jump	Decathlon (B)
3000 Meter Run	Triple Jump	Heptathlon (G)
Shot Put (B 12 lb - G 4kg)		
2000 Meter Steeplechase	Discus (B 1.6 kg - G 1kg)	3000 Meter Race Walk
4 x 100 Meter Relay	4 x 400 Meter Relay	4 x 800 Meter Relay

* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the Young Men's and Young Women's divisions through that meet. This extended eligibility does not apply to cross country events.

2011 USA Track & Field
Region IV Junior Olympics Qualifier Schedule
 July 7 – 10, 2011

Combined Events Schedule

Thursday, July 7, 2011

(Decathlon & Heptathlon only)

7:00 a.m. – 12 p.m.	Packet Pick-up	
9:30 a.m.	100m Hurdles	IG, YW
9:45 a.m.	100m Dash	IB, YM
10:00 a.m.	Long Jump	IB, YM
10:15 a.m.	High Jump	IG, YW
30 min after HJ	Shot Put	IB, YM
30 min after LJ	Shot Put	IG, YW
30 min after SP	High Jump	IB, YM
30 min after SP	200m Dash	IG, YW
30 min after HJ	400m Dash	IB, YM

Friday, July 8, 2011

(Decathlon , Heptathlon continued / Pentathlon , Triathlon)

7 a.m. – 12 p.m.	Packet Pick-up	
9:30 a.m.	110m Hurdles	IB, YM
9:45 a.m.	Long Jump	IG, YW
10:00 a.m.	100m Hurdles	YG, YB
10:15 a.m.	Discus	IB, YM
10:30 a.m.	80m Hurdles	MG, MB
10:45 a.m.	200m Dash	BG
	Shot Put	YG, YB
11:15 a.m.	Shot Put	MB, MG
	Javelin	IG, YW
	400m	BB
11:30 a.m.	Shot Put	BG
12:00 p.m.	Shot Put	BB
2:00 p.m. – 6:00 p.m.	Packet Pick-up	
30 min after DT	Pole Vault	IB, YM
30 min after SP	High Jump	YG, YB
30 min after SP	High Jump	MG, MB
30 min after JT	800m Run	IG, YW
30 min after SP	High Jump	BG
30 min after HJ	Long Jump	YG, YB
30 min after SP	High Jump	BB
30 min after PV	Javelin	IB, YM
30 min after HJ	Long Jump	MG, MB
30 min after LJ	800m Run	YG
30 min after LJ	1500m Run	YB
30 min after LJ	800m Run	MG
30 min after LJ	1500m Run	MB
30 min after JT	1500m Run	IB, YM

Saturday, July 9, 2011

Field Events – (All field events will be contested on a rolling schedule.)

7:30 a.m.	Turbo Jav	SBG, BG, MG
	Javelin	YG, IG, YW
	Triple Jump	IG, YW
	High Jump	YG, YB
	Discus	IB
	Shot Put	MG, MB
	Pole Vault	YG
	Triple Jump	IB, YM
	Discus	IG
	Pole Vault	YW
	High Jump	BG, BB
	Shot Put	YG, YB
	Triple Jump	YB, YG
	Discus	YW
	Pole Vault	IG
	High Jump	MG, MB
	Shot Put	SBG, BG, SBB, BB
	Discus	YM
	Long Jump	MG, MB

Running Events begin @ 8:00 am , will be contested on a rolling schedule

8:00 a.m.	5000m Run (F)	YM
	3000m Run (F)	MG, MB, YG, YB, IG, IB, YW
	100m Dash (T)	All Age Divisions
	400m (T)	All Age Divisions
	80m Hurdles (T)	MG, MB
	100m Hurdles (T)	YG, IG, YW
	100m Hurdles (T)	YB
	110m Hurdles (T)	IB, YM
	800m Run (F)	All Age Divisions
	200m Dash (T)	All Age Divisions
	4 x 800m Relay (F)	All Age Divisions

Sunday, July 10, 2011

Field Events - (All field events will be contested on a rolling schedule.)

7:30 a.m.	Turbo Jav	SBB, BB, MB
	Javelin	YB, IB, YM
	Long Jump	IG, IB
	High Jump	YW, YM
	Discus	MB
	Pole Vault	YB
	Long Jump	SBB, SBG, BB, BG
	Shot Put	YW, YM
	Discus	MG
	Pole Vault	IB
	High Jump	IG, IB
	Discus	YB
	Long Jump	YG, YB
	Shot Put	IG, IB
	Pole Vault	YM
	Discus	YG
	Long Jump	YW, YM

Sunday, July 10, 2011

Running Events begin @ 8:00 am and will be contested on a rolling schedule

8:00 a.m.

3000m RW (F)	YG, YB
5000m RW (F)	IG, IB, YW, YM
80m Hurdles (F)	MG, MB
100m Hurdles (F)	YG, IG, YW
100m Hurdles (F)	YB
110m Hurdles (F)	IB, YM
4 x 100m Relay (F)	All Age Divisions
400m Dash (F)	All Age Divisions
100m Dash (F)	All Age Divisions
1500m Racewalk (F)	BG, BB, MG, MB
200m Hurdles (F)	YG, YB
400m Hurdles (F)	IG, YW, IB, YM
1500m Run (F)	All Age Divisions
200m Run (F)	All Age Divisions
4 x 400m Relay (F)	All Age Divisions