



2009 USATF Connecticut Association

Junior Olympic/ Open - Masters Track & Field Championships

*** Combined Meet with Open/Masters following J.O. Events***

Saturday, June 20, 2009

Southern CT State University – New Haven, CT

Bantam-Midget-Youth- Intermediate-Young M/W

NOTE: All age groups will be contested in one session this year!

Check-In begins at 8:00 a.m.

Field Events 9:00 a.m., Track Events 10:00 a.m.

Pole Vault 10:00 a.m.

Be advised that the pole vault will be indoors on a 127' runway.

NOTE: THERE WILL BE NO ON-SITE ENTRY FOR THE J.O. MEET

ALL ATHLETES MUST PRE-REGISTER WITH A USATF MEMBERSHIP NUMBER

Entries must be postmarked by Saturday, June 13, 2009

Age Divisions
Bantam (born 1999 and later)
Midget (born 1997–1998)
Youth (born 1995–1996)
Intermediate (born 1993–1994)
Young (born 1991-1992)
* athletes born in 1991 are also eligible if they do not turn 19 on or before 7/28/2009

Meet Director: (203) 722-1276 (203) 655-9937	Bill Mongovan, USATF-CT Youth Chair gatewaytc@aol.com
Site Director: (203) 392-6814	James Barber, New Haven Age Group Track Club, SCSU, jwbarber0917@sbcglobal.net
Timing:	GrimesTimes

Parents, athletes, and coaches are strongly encouraged to read this information in its entirety.

Entry procedures have changed and athletes who do not comply will not compete.

Also, volunteers are needed for this meet – see information on p. 3.

ENTRY PROCESS:

No on-site entries will be accepted

NOTE: Athletes must still check in before the meet, even with pre-registration!

You may obtain your USATF membership online at <http://www.usatf.org/membership>. **Membership is required before you can register for this meet!** All meet entries must be made using the official 2009 USATF Junior Olympic entry form located at the bottom of this document. To download a USATF Individual and/or Relay Entry Form go to www.usatf-ct.org/youth.

Mail the form with a copy of age verification* to:

Bob Fontaine, 226 Guilds Hollow Rd., Bethlehem, CT 06751

Checks payable to USATF-CT.

***Proof of Age** (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted with each entry form.

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. All athletes must be 2009 members of USATF in good standing.

Relay Teams: Only registered 2009 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. For relay team entry, please follow the instructions on the official Relay Roster Form. Relay Entry Forms must be submitted for all relays – a separate form for each age group and gender.

NOTE: Steeplechase, and Combined Events will be contested at the Region 1 meet only. However, athletes in these events must declare and submit a registration form and fees in advance no later than the June 20th meet.

ENTRY FEE: The entry fee is \$5.00 – **USATF Membership required** (\$19.95). You may obtain your USATF membership online at <http://www.usatf.org/membership>. All Registration Forms must contain a 2009 USATF Membership Number. Register early!!

ENTRY LIMITS: Competitors in the Bantam and Midget divisions may compete in a maximum of three events, including relays. Competitors in the Youth, Intermediate, and Young divisions may compete in a maximum of four events, including relays.

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

ADVANCEMENTS: The top 6 individuals and relay teams in each event of each age division may advance to the USATF Region 1 Championships to be held on **June 26, 27, 28 at Fitchburg State University, Fitchburg, MA** *All advancement/entry forms for the USATF Region 1 Championships must be completed, paid for, and submitted (cash or money order only) prior to leaving the USATF-CTJO Championship on June 20.*

Top 3 finishers in each event from Region 1 shall qualify for the USATF National Championship JO meet July 28-August 2 at in Greensboro, NC. Information is available at:

<http://www.usatf.org/events/2008/USATFJuniorOlympicTFChampionships>

NOTE: Steeplechase, and Combined Events will be contested at Region 1 meet only. Athletes (two advance) in these events must declare and submit a registration form and fees at the June 20th meet.

SCHEDULE (Note: Final schedule adjustments will be posted at the meet as needed based on entries)

Open/Masters competition will follow same schedule following each J.O. Event

Track Events: Begin at 10:00 a.m. Finals on time. Girls followed by Boys		All Field Events: Begin at 9:00 a.m. 4 throws/jumps, Girls and Boys may be combined	
4 X 800 Relay	M-Y-I-Yg	Long Jump Girls B-M-Y-I-Yg	Shot Girls B-M-Y (6lb)
4 X 100 Relay	B-M-Y-I-Yg	Long Jump Boys B-M-Y-I-Yg	Shot Boys B-M 6lb, Y 4kg
80 Meter Hurdles	M (8 @ 30")	High Jump Girls B-M-Y-I-Yg	*Discus Girls M-Y (1kg)
100 Meter Hurdles	Girls Y (30") I-Yg (33")	High Jump Boys B-M-Y-I-Yg	*Discus Boys M-Y (1kg)
	Boys Y (33")	Triple Jump Y-I-Yg Girls	Javelin Girls B-M (300g)
110 Meter Hurdles	Boys I-Yg (39")	Triple Jump Y-I-Yg Boys	Javelin Girls Y-I-Yg (600g)
100 Meters	B-M-Y-I-Yg	Pole Vault Y - I - Yg	Javelin Boys B-M (300g) Y (600g)
1500 Meters	B-M-Y-I-Yg		Javelin Boys I-Yg (800g) Hammer I - Yg
400 Meters	B-M-Y-I-Yg	*No rubber Discus allowed in competition	
200 Meter Hurdles	Girls/Boys Y (5 @ 30")		
400 Meter Hurdles	Girls: I-Yg (10 @ 30") Boys: I-Yg (10 @ 36")	Notes: 2000 Meter Steeplechase (I-Yg), and Combined Events (see last page of this information) will not be contested at the CT Association meet; however, athletes who wish to compete in these events at the Region 1 meet must submit a registration by June 22.	
800 Meters	B-M-Y-I-Yg		
200 Meters	B-M-Y-I-Yg		
3000 Meters**	M-Y-I + Yg Women**		
5000 Meters	Yg Men – see notes		
4 X 400 Relay	B-M-Y-I-Yg		
Race Walk 1500 M	B-M	**YG Men will run the 3000 at the Association level and the 5000m at the Region 1 meet	
Race Walk 3000 M	Y-I-Yg		

IMPLEMENT WEIGH-IN: Note... all implements must be checked before they can be used. Look for the implement weigh-in area when you arrive at the meet.

MEET CHECK-IN: All athletes must check in before the meet begins to pick up their race packet and number and to confirm their intent to compete in each event for which they are registered. Event changes can be made up to 15 min. before the start of the meet (note different start time for Field Events in the morning). **ATHLETES WHO DO NOT CHECK IN BEFORE THE MEET BEGINS WILL BE SCRATCHED FROM THEIR EVENTS.**

EVENT CHECK-IN: Check-in for Running events will take place in a designated area, TBA. Field event athletes check in directly at the field area. Athletes must check in for their events when the event is called or they will be scratched from that event.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front of their jerseys only. Bib numbers will be distributed to athletes when they check in for the meet. Hip numbers for running events will be distributed during event check-in.

EVENT RESULTS: During competition, event results will be posted near the meet check-in area. In addition, event results will be posted at <http://www.usatf-ct.org>.

PROTESTS: There will be a \$25.00 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.

RULES – CONDUCT & FACILITY: (a). Spike length maximum is 1/4" ...no **Christmas tree or Needle spikes**. Pyramid only! No Starting Blocks for Bantam, Midget, Youth! Starting Blocks for the older group cannot have spikes longer than 1/4 inch in the base.

VOLUNTEERS: USATF-CT is requesting volunteers to help ensure a smooth and efficient meet this year and clubs are asked to provide names of individuals who are willing to help. We will need people to help with registration, awards, posting results, staffing the check-in tents and start areas, and assisting with field events. Volunteer coordination will be handled this year by the CT Track Club. Please contact Debbie Rooth, 342-3008, if you are interested in helping this year or with names of adults from your program. Assignments will be made in advance and a meeting of all volunteers will take place at 8:00 a.m. on meet day.

DIRECTIONS & PARKING: To download a map of the SCSU Campus, go to: <http://www.southernct.edu/aboutscsu/map/>. The SCSU Track & Field complex is off of Wintergreen Ave. at Jess Dow Field -- #33 on the campus map. (Google Maps: <http://maps.google.com/?ie=UTF8&ll=41.334174,-72.951268&spn=0.003819,0.007296&z=17&om=1>)

From The South (via I-95): I-95, Exit 44 (Kimberly Avenue, Route 10). Turn right at the end of the exit onto Kimberly Avenue, then left at the stoplight onto Ella Grasso Boulevard, Route 10. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus. Left on Crescent, Right on Fitch, then left on Wintergreen just after the underpass. Jess Dow Field is behind the first group of buildings you come to on the right.

From New York (via Rt. 15, Merritt-Wilbur Cross Parkway): Rt. 15, Merritt-Wilbur Cross Parkway, Exit 59 (Whalley Avenue). Head south on Whalley Avenue, turn left onto Fitch Street, which bisects the campus. Then turn left onto Wintergreen just after the underpass. Jess Dow Field is behind the first group of buildings you come to on the right.

From New London: I-95, Exit 45 (Ella Grasso Boulevard, Route 10). Follow Ella Grasso Boulevard north. Ella Grasso Boulevard ends at Crescent Street, near the south entrance of the campus. Left on Crescent, Right on Fitch, then left on Wintergreen just after the underpass. Jess Dow Field is behind the first group of buildings you come to on the right.

From Hartford:

Wilbur Cross Parkway, Exit 60 at Dixwell Avenue. Head south on Dixwell Avenue to Arch Street. Turn right at Arch Street and left at Fitch Street, which bisects the campus. Then turn right on Wintergreen before the underpass. Jess Dow Field is behind the first group of buildings you come to on the right.

Youth Combined Events Not - Contested at CT. Meet

Bantam - Boys	Triathlon: Shot Put, 400m, Long Jump
Bantam - Girls	Triathlon: Shot Put, 200m, Long Jump
Midget - Boys	Pentathlon: 80m Hurdles, Shot (6lb), High Jump, Long Jump, 1500m
Midget - Girls	Pentathlon: 80m Hurdles, Shot (6lb), High Jump, Long Jump, 800m
Youth - Boys	Pentathlon: 100m Hurdles, Shot (6lb), High Jump, Long Jump, 800m
Youth – Girls	Pentathlon: 100m Hurdles, Shot (4kg), High Jump, Long Jump, 1500m
Intermediate Boys & Young Men	Decathlon: 100m, Long Jump, Shot Put, High Jump, 400m, 110m HH, Discus, Pole Vault, Javelin (800 g), 1500m
Intermediate Girls and Young Women	Heptathlon: 100m HH, High Jump, Shot Put, 200m, Long Jump, Javelin (600g), 800m

