



All Registrations will be online

# 2010 USATF Connecticut Association

**Junior Olympic & Open - Masters Track & Field Championships**

\*\*\* Same Day with Open/Masters following J.O. Events\*\*\*

**Saturday, June 19, 2010**

**Southern CT State University – New Haven, CT**

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

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**

Register Online at: [http://usatfregistration.com/cgi-bin/login.pl?cd=ct\\_usatfyouth](http://usatfregistration.com/cgi-bin/login.pl?cd=ct_usatfyouth)

<b>Age Divisions</b>
Bantam (born 2000 and later)
Midget (born 1998–1999)
Youth (born 1996–1997)
Intermediate (born 1994–1995)
Young (born 1992-1993)
* athletes born in 1991 are also eligible if they do not turn 19 on or before 7/28/2010

<b>Meet Director:</b> (203) 722-1276 (203) 655-9937	Bill Mongovan, USATF-CT Youth Chair <a href="mailto:gatewaytc@aol.com">gatewaytc@aol.com</a>
<b>Site Director:</b> (203) 392-6814	James Barber, New Haven Age Group Track Club, SCSU, <a href="mailto:jwbarber0917@sbcglobal.net">jwbarber0917@sbcglobal.net</a>
<b>Timing:</b>	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.

**ENTRY PROCESS:**

**No on-site entries will be accepted All Entries will be through an online service**

**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!**

Payment will be made via credit card at the time of registration

*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 2010 members of USATF in good standing.

*Relay Teams:* Only registered 2010 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.

NOTE: Steeplechase, and Combined Events will be contested at the Region 1 meet only. However, athletes in these events must declare and submit an online registration form and fees in advance no later than June 16<sup>th</sup>.

**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 Registrations must contain a 2010 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. You must declare online after the meet on the 19<sup>th</sup>.

Top 3 finishers in each event from Region 1 shall qualify for the USATF National Championship JO meet. 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 an online registration form prior to June 16th.

**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		
200 Meter Hurdles	Girls/Boys Y (5 @ 30")	*No rubber Discus allowed in competition	
400 Meter Hurdles	Girls: I-Yg (10 @ 30")	<b>Notes:</b> 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 16.  **YG Men will run the 3000 at the Association level and the 5000m at the Region 1 meet	
	Boys: I-Yg (10 @ 36")		
800 Meters	B-M-Y-I-Yg		
200 Meters	B-M-Y-I-Yg		
3000 Meters**	M-Y-I + Yg Women**		
<b>5000 Meters</b>	Yg Men – see notes		
4 X 400 Relay	B-M-Y-I-Yg		
Race Walk 1500 M	B-M		
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.

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