



2016 USATF Connecticut Association  
Junior Olympic Track & Field Championships  
**Saturday, June 18, 2016**  
**Bethel High School – Bethel, CT**

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.**

**NOTE: THERE WILL BE NO ON-SITE ENTRY FOR THE J.O. MEET**  
**ALL ATHLETES MUST PRE-REGISTER at [Athletic.net](http://Athletic.net)**

**A Current USATF 2016 Age Verified Membership Number is Required**  
**Only Registered Connecticut Athletes May Compete**

**Note: Ages are determined by year of birth not age on day of meet**

Age Divisions
8 & Under 2008+
9 - 10 (born 2006 -2007)
11 – 12 (born 2004–2005)
13 - 14 (born 2002–2003)
15 - 16 (born 2000–2001)
17 - 18 (born 1998-1999)

<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>	Yvonne Grimes USATF-CT <a href="mailto:grimeseven@aol.com">grimeseven@aol.com</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: Entries Close Tuesday June 14 at 11:57 p.m.**  
**No on-site entries will be accepted! All Entries will be through [Athletic.net](http://Athletic.net)**

You may obtain your USATF membership online at <http://www.usatf.org/membership>. **Membership with your age verified 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 2016 members of USATF in good standing. Athletes may not change clubs on the day of the competition.

*Relay Teams:* Only registered 2016 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, hammer throw 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 17<sup>th</sup>.**

**ENTRY FEE:** The entry fee is \$5.00 per event – **USATF Membership required.** You may obtain your USATF membership online at <http://www.usatf.org/membership>. All Registrations must provide a 2016 USATF Membership Number.

**ENTRY LIMITS:** Competitors in the 8 & under, 9 - 10, and 11 - 12 divisions may compete in a maximum of three events, including relays. Competitors in the 13 - 14, 15 - 16, and 17 - 18 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 8 individuals and relay teams in each event of each age division may advance to the USATF Region 1 Championships. The Region 1 meet is July 7-10 2016 SUNY at Albany NY. You must declare online after the meet on June 18<sup>th</sup>. Must not turn 19 before the last day of Nationals  
8 & Under must be at least 7 years of age on December 31<sup>st</sup> to advance to Nationals.

Top 5 finishers in each event from Region 1 shall qualify for the USATF National Championship JO meet

NOTE: Steeplechase, hammer and Combined Events will be contested at Region 1 meet only. Athletes (two advance in combined, 5 in steeplechase and hammer) in these events must declare and submit an online registration form prior to June 17th.

### **SCHEDULE OF EVENTS: - All Races are Finals**

**Field Events Begin at 9:00 except Pole Vault – All Ages Begins at 10:00**

**Long Jump** Girls and Boys on separate pits (Ages 8-12 followed by 13-18) Followed by **Triple Jump** Boys & Girls  
**Boys Shot Put 11 – 18** followed by **Boys Discus** Ages 11 – 18  
**Girls Discus** Ages 11 – 18 followed by **Girls Shot Put** Ages 11 – 18  
**Girls High Jump** Ages 9 – 18 Followed by **Boys High Jump** Ages 9 – 18

**Javelin** will begin after Shot Put and Discus is complete in the following order:

Girls 9-12 Turbo Javelin 300 Grams  
Boys 9-12 Turbo Javelin 300 Grams  
Girls 13-18 Javelin 600 Grams  
Boys 13-14 Javelin 600 Grams  
Boys 15-18 Javelin 800 Grams

\*Boys and Girls Javelin of same weight may be combined depending on the number of entries.

\*\* Horizontal Jumps and throwing events have 4 attempts with no finals.

### **Running Events – Begin at 10:00**

1500 Meter Race Walk Ages 9-12 G&B  
3000 Meter Race Walk Ages 13-18 G&B (walks may be combined)  
3000 Meter Run Ages 11-18 G/B  
4 X 800 Meter Relay Ages 11-18 G/B  
4 X 100 Meter Relay G/B  
80 Meter Hurdles Ages 11/12 (8 hurdles at 30") G/B  
100 Meter Hurdles Girls 13/14 (30") Girls 15/18 (33") Boys 13/14 (33")  
110 Meter Hurdles Boys 15/18 (39")  
100 Meters All Ages G/B Finals  
1500 Meters All Ages G/B  
400 Meters All Ages G/B  
200 Meter Hurdles Ages 13/14 G/B (5 hurdles at 30")  
400 Meter Hurdles Girls 15/18 (10 hurdles at 30") Boys 15/18 (10 hurdles at 36")  
800 Meters All Ages G/B  
200 Meters All Ages G/B  
4 X 400 Relay All Ages G/B

**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. Rubber discus may not be used in competition.

**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 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 – USATF as stated in the 2016 rulebook.**

**FACILITY: Eight Lane Action Track 200 surface (a).** Spike length maximum is 1/4" ...no **Christmas tree or Needle spikes**. Pyramid only! Starting Blocks will be provided at the site for the older groups. Food will be sold through the concession stand. There will be a certified athletic trainer on site.

## **DIRECTIONS**

New Haven to Bethel:

Route 34 through Derby to Route I-84 in Newtown. Take I-84 West to Exit 9 (Brookfield). From exit ramp turn left on to Route 25. Turn right (at end of Route 25) on to Route 6. Follow Route 6 to first traffic light at intersection of Route 6 and Old Hawleyville Road. Turn left on to Old Hawleyville Road and follow to 2nd stop sign. Turn right on Plumtrees Road. Follow Plumtrees Road to traffic light. Turn left at light on to Whittlesey Drive. Bethel High School is on the left approximately 1/2 mile from the light.

Hartford to Bethel:

Take I-84 West to Exit 9 (Brookfield). From exit ramp turn left on to Route 25. Turn right (at end of Route 25) on to Route 6. Follow Route 6 to first traffic light at intersection of Route 6 and Old Hawleyville Road. Turn left on to Old Hawleyville Road and follow to 2nd stop sign. Turn right on to Plumtrees Road. Follow Plumtrees Road to traffic light. Turn left at light on to Whittlesey Drive. Bethel High School is on the left approximately 1/2 mile from the light.

From Connecticut Turnpike (I-95):

I-95 to Exit 24 to Black Rock Turnpike (Route 58). Proceed north on Route 58 to the traffic light at the intersection of Route 58 and Route 302. Continue straight through the intersection. Turn right on Whittlesey Drive (first right after traffic light). Bethel High School is the first school on the right.

From Merritt Parkway (Route 15):

Route 15 to Exit 44-45 Interchange (Black Rock Turnpike, Route 58). Proceed North on Route 58 to the traffic light at the intersection of Route 58 and Route 302. Continue straight through the intersection. Turn right on Whittlesey Drive (first right after traffic light). Bethel High School is first school on the right.

From I-84 East:

I-84 to Exit 8. At light go straight (towards Robert Buick), bearing left, going toward Newtown. On right you will pass Chase Bank. At bank, on corner turn right on to PAYNE ROAD. Follow Payne Road. Payne Rd becomes Walnut Hill Rd. Follow it to the very end. You will see a gray building on left. Turn right at the stop sign, go over the small bridge, take the immediate left on to Whittlesey Drive. Go all the way up the hill, Bethel High School is the last school on the left, approximately 1/2 mile from the light.

### Youth Combined Events Not - Contested at CT. Meet

Boys 9 - 10	<b>Triathlon:</b> Shot Put, 400m, Long Jump
Girls 9 - 10	<b>Triathlon:</b> Shot Put, 200m, Long Jump
Boys 11 – 12	<b>Pentathlon:</b> 80m Hurdles, Shot (6lb), High Jump, Long Jump, 1500m
Girls 11 – 12	<b>Pentathlon:</b> 80m Hurdles, Shot (6lb), High Jump, Long Jump, 800m
Boys 13 - 14	<b>Pentathlon:</b> 100m Hurdles, Shot (6lb), High Jump, Long Jump, 800m
Girls 13 - 14	<b>Pentathlon:</b> 100m Hurdles, Shot (4kg), High Jump, Long Jump, 1500m)
Boys 15 - 18	<b>Decathlon:</b> 100m, Long Jump, Shot Put, High Jump, 400m, 110m HH, Discus, Pole Vault, Javelin (800 g), 1500m
Girls 15 - 18	<b>Heptathlon:</b> 100m HH, High Jump, Shot Put, 200m, Long Jump, Javelin (600g), 800m