



2023 USATF Connecticut Association Junior Olympic Track & Field Championships

Sanctioned by USATF Sanction 144594

Sponsored by [Danbury Hatters HCYS Track & XC Club](#) and [Western CT Flash](#)

Saturday, June 17, 2023

Danbury High School

43 Clapboard Ridge Rd. 06811

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

Field Events 9:00 a.m., Track Events 10:30 a.m.

Pole Vault 10:00 a.m.

NOTE: THERE WILL BE NO ON-SITE ENTRIES

ALL ATHLETES MUST PRE-REGISTER at <https://www.athletic.net>

Athletes must be age verified in order to enter the meet. Birthdate verification documents must be uploaded through [USATF Connect](#). Approval may take up to 5 days.

<https://www.usatf.org/programs/youth>

New members should do so at the time of application.

To Register, A Current USATF 2023 Age Verified Membership Number is Required
Only USATF Connecticut Association Members May Compete

Note: Age divisions are determined by year of birth not age on day of meet

Age Divisions
8 & Under 2015+
9 - 10 (born 2013 -2014)
11 – 12 (born 2011–2012)
13 - 14 (born 2009–2010)
15 - 16 (born 2007–2008)
17 - 18 (born 2005-2006)

Meet Director: (203) 948-9802	Irving Fox USATF-CT Youth Chair danburyhatterstrackxc@gmail.com
Site Director: (203) 240-5317	Shawn Sorbello Ssorbs@gmail.com
Timing:	Northeast Sports Timing

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 Monday June 13 at 10:00 p.m.

No on-site entries will be accepted! All Entries will be through <https://www.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!**

Athletes may not change clubs on the day of the competition.

Relay Teams: Only registered 2023 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 13th.

ENTRY FEE: The entry fee is \$6.00 per event

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 3 individuals (1st place team 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 sponsored by the Adirondack Association is July 6-9 2023 at Taconic Hills High School, Craryville, New York (south of Albany) You must declare online after the meet on Date to be determined. Athlete must not turn 19 before the last day of the National meet.
Athletes must be at least 7 years of age on December 31st to advance to Nationals.

In individual and relay events, top 5 finishers advance from Region 1 to the [National Junior Olympic Championships](#) which will be held July 24-30 in Eugene, OR. at Hayward Field. In the combined events only 2 athletes advance.

SCHEDULE OF EVENTS: -

Field Events Begin at 9:00 except the Pole Vault in which all Ages Begin 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/or Discus is completed in the following order:

- An effort is being made to begin all three throws at the same time.
- Girls 9-10 Turbo Javelin 300 Grams
Boys 9-10 Turbo Javelin 300 Grams
Girls 11-12 Aero Javelin 450 Grams
Boys 11-12 Aero Javelin 450 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 10:30

All Races are Finals including the 100

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 Only**

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

Note: In the 100,200,400 events 15-18 year old athletes must use blocks.

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. **Athletes must supply their own implements. They will not be provided by the meet management.**

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 live at <https://www.nestiming.com/live-results> and results will later 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 2023 rules book available at <https://www.usatf.org/governance/rule-books>

FACILITY: Eight Lane Track (a). Spike length maximum is 1/4" No **Christmas tree or Needle spikes.**
Primary javelin runway is grass. Turbo Javelin will thrown on turf on football field.
Starting Blocks will be provided at the site for the older groups.
There will be 2 long jump pits
Food will be sold through the concession stand.
There will be a certified athletic trainer on site.

Youth Combined Events Not - Contested at CT. Meet

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