



USATF REGION 15 Junior Olympic Track & Field Championships

Friday, Saturday - Sunday, June 22-24, 2012
Cerritos College - Cerritos, California



AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

Sub-bantam (born 2004+)
* athletes must be at least seven (7) years of age on December 31
Bantam (born 2002-2003)
Midget (born 2000-2001)
Youth (born 1998-1999)
Intermediate (born 1996-1997)
Young (born 1994-1995)
* athletes born in 1993 are also eligible if they do not turn 19 on or before 7/29/2012



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 2012 members of USATF in good standing.

Relay Teams: Only registered 2012 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. If you wish to change to an athlete who is not one of the declared athletes for this meet, a relay roster change form must be submitted at registration 1 ½ hours prior to the relay event and the event fee must be paid. **NO EXCEPTIONS!**

FACILITIES:

The track is an all-weather 9-lane Mondo Super X surface including the long jump, triple jump, high jump and pole vault approaches. There is a grass approach in the Javelin. 3/16 INCH PYRAMID SPIKES ONLY. NO NEEDLES or Xmas trees spikes PLEASE. They will be checked. NOTE: The infield area will be off-limits to all coaches, AND parents except those that are working at a particular event. Coaches may assist Sub-Bantam and Bantam athletes in obtaining an initial mark in the jumping events then leave the field. Absolutely NO COACHING will be allowed by the coaches working at the events on the INFIELD.

ENTRY PROCESS:

Individual Entries: \$7.00 per event
Decathlon/Heptathlon: **\$20.00** per event

Relay Entries: **\$28.00** per relay team
Triathlon/Pentathlon: **\$15.00** per event

The top 8 finishers in each event from the Association Championships are eligible to compete at these championships. After the conclusion of the Association Championships Meets in each association (Nevada, San Diego Imperial and Southern California), athletes/coaches must register for the Region 15 Junior Olympic Championships on line at http://usatfregistration.com/meet/entry/ca_usatfregion15/ within **72** hours. A completed registration includes the payment of entry fees. If you miss the window to register than **you** have missed the opportunity to compete. After this 72 hour window, The next athlete(s) listed on the results will automatically be moved up by the online entry system and become eligible for participation at these championships. They will then have 48 hours to declare. All entries must go through coacho.com. Late entries / day of meet entries will not be allowed. Online registration opens June 10th and closes June 15th. If you are not in the meet by June 15 at 11:59PM, you are not in the meet! Fees must be paid online by the close of each registration period. Only VISA and electronic checks will be accepted. 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. An instructional video on the online registration process may be accessed by visiting, <http://coachoregistration.com/meet/entry/assets/videos/usatf/index.html>. In addition to the above and in accordance with the 2012 Youth Guide, the Youth Chairs of each Association are required to forward via email a backup file of their complete results to the Regional Coordinator, trackcoach4@gmail.com no later than **24** hours after the conclusion of the meet.

WAIVER:

All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed electronically and downloaded for signature. It can also be obtained via your association. All forms **must** be submitted at the first round of the Junior Olympic series.

EVENT CHECK-IN:

For running events: Report to the clerk of the course when the event is called - approximately 30 minutes prior to the start of the event. 3 calls will be given for each event. **Athletes not responding to the final call for the event will be scratched.** We will contact the field events that are in progress to make sure your athlete is checked in, but Coaches this does not lessen your responsibility to make sure that you and your athlete are paying attention. **Once that event is closed, that event will be seeded and there will be no additions and there will be no refunds (Rule 166 para. 5).** We will then tell the athletes the advancement formula that will be used:

2 heats	first three (3) places	+ 3 fastest times
3 heats	first two (2) places	+ 3 fastest times

NOTE: The first round of ALL events will use random seeding, For all other rounds, three draws will be made: (Rule 303.1.j)

All athletes will be required to remain in the designated warm-up areas after checking in. Athletes switching heats or lanes will be DISQUALIFIED. If fewer than nine (9) athletes report to the clerk, a signature will be required from those athletes present and then that event will be run as a final at its normal time with only those athletes who have checked in. For all field events. When the event is called, report directly to the field event clerk.

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 payable by check or money order only to meet management.. Bib numbers will be distributed to coaches/parents.

ADVANCEMENTS:

The top 5 individuals and relay teams in each event of each age division will advance to the National Junior Olympic Championships to be held from Monday, July 23rd to Sunday, July 29th at Hughes Stadium, Morgan State University – Baltimore, MD. In the combined events, the top 2 places plus all athletes who attain the qualifying combined event score will qualify. Advancements must be completed by declaring at http://usatfregistration.com/meet/entry/jo_usatfyouth/. The declaration period for the National meet will begin on June 10th and will end July 13th at 9:00PM PT. More information is available at: <http://www.usatf.org/Events---Calendar/2012/2012-USATF-Natl-Jr-Olympic-Outdoor-Track-and-Field.aspx>.

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.

EVENT RESULTS:

During competition, event results will be posted in results books in the awards area. In addition, event results will be posted at www.scausatf.org/youth/results. Meet results will be available online within 24 hours after the meet. Please do not contact the webmaster or the office regarding results.

PROTESTS:

There will be a \$75.00 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. There will be a coaches advocate assigned to take care of any problems that arise during the competition.. Do not go to the Timing tent for any reason. That is what your advocate is for. If you ignore this request, you stand the chance of having your athlete disqualified. Please read and relay this message to all of your coaches/parents and athletes

RULES OF CONDUCT:

Control your athletes. Meet with your athletes and parents and inform them about what is expected of them. The warnings have not been heard, so consider this their last warning. This part of the season is the worst time for any of your athletes to be disqualified. Excuses will not be heard. Please remind your parents and athletes about the stadium rules, they are:

- Profane language, aggressive behavior or actions deemed not sportsmanlike or in keeping with a youth friendly environment is prohibited.

- Canopies must be secured and are limited to the top portion of the stadium. Large umbrellas may not be used in the mid and lower areas of the stadium as they impede spectator views.
- NO basketballs, footballs, soccer balls, boom boxes or skateboards allowed in the STADIUM,
- Absolutely no dogs or designer dogs will be allowed in the stadium. Please don't try to hide them in your purse or jacket. You and your dog will be asked to leave.
- The 90 day rule is in effect. There are no changes in affiliation or roster additions after the close of entries for the association meet.
- We know what's in those red plastic cups and those McDonald cups that you walk around with all day. If you won't respect your kids, then please respect the other athletes. Your behavior is a dead give away and we can smell it on your breath. You and your athlete will be asked to leave the facility.
- Coaches please inform your athletes that they can only take water onto the infield in their track bags. Absolutely no food, sunflower seeds, gum or Gatorade type drinks are allowed on the infield. Please explain that those types of items are damaging to the turf infield and will cause us to receive a negative report with the department that has been granting us usage of this nice facility. Athletes not complying with this can be disqualified from the meet.
- THE CAMPUS IS OFF LIMITS!!!..... We will have more than enough restrooms and porta-potties. The campus police will be very strict about this rule and SCA Youth will not be there for your protection.
- Anyone wishing to park a Recreation Vehicle (RV) on campus must contact meet management in order to reserve a spot in the pre-designated area.

PARKING:

\$5.00 PER DAY. Strongly recommend that you enter on the Alondra Blvd. side to avoid ticketing and towing due to the motorcycle academy and soccer match that will take place.

FIRST AID:

A first aid station will be located on the infield just to the left and behind the timing tent. It is always a good practice for each team to have adequate first aid supplies with them as well.

SOUVENIRS:

Programs \$ 3.00 and meet T-shirts will be available for \$12.00. Concessions will also be available both days, but the healthier food for your athletes is the food you bring from home. Spikes will be sold for \$3.00 per set.



**JUNE 22 - 24, 2012
ORDER OF EVENTS**



June 22 – Friday Start Time: 5:00 pm PROMPTLY

1500m Racewalk	Final	BG –MB
3000m Racewalk	Final	YG-YM
3000m Run	Final	MG-YM
400m	Semi-Final	SBG-YM

FIELD EVENTS Start Time: 5:00 pm PROMPTLY

Javelin Sector 1 WEST	Final	YG-IG-YW
Javelin Sector 2 EAST	Final	YB-IB-YM
Long Jump Pit 1 NORTH	Final	SBG-YW-IG
Long Jump Pit 2 SOUTH	Final	SBB-YM-IB

June 23 – Saturday Start Time: 9:00am PROMPTLY

100m (East)	Semi-Final	SBG-YW
100M (West)	Semi-Final	SBB-YM
1500m	Final	SBG-YM
400m	Final	SBG-YM
110m Hurdles (39")	Final	IB-YM
100m Hurdles (33")	Final	YW-IG-YB-YG
80m Hurdles (30")	Final	MG-MB
4x100m Relay	Semi-Final	SBG-YM
4x800m Relay	Final	MG-YM
200m	Semi-Final	SBG-YM

FIELD EVENTS Start Time 8:30 am PROMPTLY

Discus Ring 1	Final	YW-YM-IB-IG (8:00 am)
Discus Ring 2	Final	YB-MG-MG-YG (8:00 am)
Long Jump Pit 1	Final	MB-BB-YB
Long Jump Pit 2	Final	YG-MG-BG
High Jump	Final	MG-YG-YB-MB
Mini-Javelin	Final	SBG-MG-MB-BG-BB-SBB
Shot Put Pit 1	Final	MB-BB-SBB-YM-IB-YB
Shot Put Pit 2	Final	YG-MG-BG-SBG-YW-IG
Pole Vault	Final	YB-IB-YM

June 24 – Sunday Start Time: 9:00am

400m Hurdles (36")	Final	IB-YM
400M Hurdles (30")	Final	IG-YW
200m Hurdles (30")	Final	YG-YB
4x100m Relay	Final	SBG-YM
800m Run	Final	SBG-YM
200m Dash	Final	SBG-YM
2000m Steeplechase (36")	Final	IB-YM
2000M Steeplechase (30")	Final	IG-YW

4x100m Relay Parent/Coach Wear team shirts for photo

100m Dash	Final	SBG-YM
4x400m Relay	Final	BG-YM

FIELD EVENTS Start Time 8:30 am PROMPTLY

High Jump	Final	BG-BB-IG-IB-YM-YW
Triple Jump Pit 1	Final	YW-YG-IG
Triple Jump Pit 2	Final	YM-YB-IB
Pole Vault	Final	YG-IG-YW
Hammer Throw	Final	IG-IB-YW-YM

HOTELS: Hotel blocks start June 22nd and checking out on June 24th. Refer to SCA/USATF at each location. Group rates are good until June 16th, if you haven't made reservations by that date the hotel can change the rate. Try online rates after that date, those rates are cheaper but you have to pay up front and no refunds for cancellations.

Confirmed Hotels



Double Tree	Norwalk	\$109.00/119.90
1 562 863-55555	call for details on amenities	



Quality Inn	Artesia	\$65.00
1 562 402-2202	Deluxe continental breakfast	



EMBASSY SUITES
HOTELS*

Embassy Suites	Downey	\$98.00 to \$129.00
1 562861-1900	Breakfast included	

Other hotels in the area within 5 miles of Cerritos College.



Comfort Inn	Norwalk	\$74.00	online quote
1 562 868-3453			



Best Western	Norwalk	\$79.00	online quote
1 562 929-8831			



La Quinta Inn	Hawaiian Gardens	\$84.00	online quote
1 562 860-2500			



Days Inn & Suites	Artesia	\$55.00	online quote
1 562 924-6700			

These rates are quoted with an online discount. You must book **seven days** in advance to get these rates.