



2010 USATF New Jersey Association Junior Olympic Track & Field Championships

Saturday - Sunday, June 12-13, 2010
Ramapo College, Mahwah, New Jersey



| Age Divisions |
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| Sub Bantam (born 2002 & later) |
| Bantam (born 2000 - 2001) |
| 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 8/1/2010 |



ELIGIBILITY REQUIREMENTS:

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 events, including relays. Competitors in the Youth, Intermediate, and Young divisions may compete in a maximum of four events, including relays.

All athletes must be 2010 USATF members in good standing.

HOW TO ENTER THIS MEET: Entries only through online registration at www.usatfnj.org/youth. **NO mail in entries.** **14 years and under athletes** who qualify for this meet must enter within 48-96 hours after completing their Preliminary Qualifier Meet. See www.usatfnj.org/youth/ for a list of Prelims.

All 15-18 year old athletes must register online by Thursday, May 27th 11:59pm.

Events not contested at Preliminaries: Athletes competing in TJ, HJ, Discus, Javelin, PV, 4X800m relay or any of the Hurdles must register online by May 27th in order to compete at the Association Championships.

Steeplechase, Pole Vault & Multi events (Triathlon, Pentathlon, and Decathlon & Heptathlon) will not be contested at the Association Championships. Athletes in these events automatically advance to the regional meet. Registration must be completed online within 96 hours of the competition date of each preliminary meet.

ALL: Only coaches can register team athletes online who qualify for this meet. Unattached minor athletes (7-17) must have a parent or guardian register them online. All 18 year old unattached athletes may register themselves.

FEES, PRE-ENTRY ONLINE ONLY: \$6/Individual Event; \$24/Relay team. **AGE GROUPS** determined by year of birth as above. Athletes who are still eighteen (18) years of age through the final day of the National JO TF Championships shall be eligible to compete in the Young Men's/Young Women's Division through that meet – as per USATF Rule 240 (1) (c).

Relay Teams: Only registered 2010 USATF-NJ member clubs may enter relay team. All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

PROOF OF AGE: All participants must provide proof of age. **No Exceptions.** All entrants must submit a copy of their 2010 USATF-NJ membership card or receipt indicating age verified or a non-returnable copy of their birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification at packet pickup.

AWARDS: USATF Junior Olympic medals will be awarded to the top three individuals and the top three relay teams in each event of each age division. Ribbons issued for 4th thru 6th place individuals and relays.

ADVANCEMENTS: The top 6 individuals and relay teams in each event of each age division will advance to the USATF Region 2 Championships to be held July 8-11th in Pomona, NJ. More info www.usatfnj.org/youth

All advancement/entry for the USATF Region 2 Championships must be completed and paid for within 72-96 hours online at www.usatfnj.org/youth. The National Championships will be held from July 27 - August 1, 2010 at Hughes Stadium, Sacramento City College, Sacramento, California. The top 3 athletes at the Region 2 Championships will qualify for the National Championships. Information is available at: www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships/

Order of Events

Both days: First Call at 8:15am; events begin at 9:00am

Saturday, June 12

Track Events

5000M Run Final YM
1500M Race Walk Finals
BB BG MG MB
4x800M Relay Final
MB MG YB YG IB IG YM YW
200M Dash Semi All Divisions
1500M Run Final All Divisions
4x100M Relay Final All Divisions
80M Hurdles Semi MB MG
100M Hurdles Semi YG YB IG YW
110M Hurdles Semi IB YM
400M Dash Semi All Divisions
100M Dash Semi All Divisions

Field Events

Long Jump
YB YG SBB SBG BB BG MB MG
High Jump BG BB MG MB YB YG
Shot Put BB BG MB MG SBB SBG
Javelin YM YW IB IG YB YG

**Schedule subject to change.
Check back for any updates.
Last update: 05/13/10**

Sunday, June 13

Track Events

3000M Race Walk Finals
YB YG IB IG YM YW
400M Hurdles Final IB YM IG YW
200M Hurdles Final YB YG
3000M Run Final
MB MG YB YG IB IG YW
80M Hurdles Final MB MG
100M Hurdles Final YG YB IG YW
110M Hurdles Final IB YM
400M Dash Final All Divisions
100M Dash Final All Divisions
800M Run Final All Divisions
200M Dash Final All Divisions
4x400M Relay Final All Divisions

Field Events

Long Jump IB IG YM YW
Triple Jump YB YG IB IG YM YW
High Jump IB IG YM YW
Turbo Jav MB MG BB BG
Discus MB MG YB YG IB IG YM YW
Shot Put YB YG IB IG YM YW

IMPLEMENT WEIGH-IN: 8am Saturday and Sunday. Location will be posted at stadium entrance.

EVENT CHECK-IN: Athletes must check in at for their events 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

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 \$10. Bib numbers will be distributed to athletes beginning at 8am.

EVENT RESULTS: During competition, event results will be posted. Event results will also be posted at www.usatfnj.org/youth/ within 2 days after the completion of the meet.

PROTESTS: There is a \$50 fee for all protests. Protests must be submitted to the Meet Director at once and not later than 30 minutes after a result has been announced. Protests are escalated from the Meet Director to the Games Committee and then to the Jury of Appeals. The protest fee will be refunded if the protest is upheld. **Judgment calls may not be protested.**

DIRECTIONS: Ramapo College of New Jersey, 505 Ramapo Valley Road, Mahwah, NJ 07430

FROM THE SOUTH USING ROUTE 17: Route 17 North to Mahwah to exit sign "202 Suffern/Morristown" on right. At end of short exit ramp turn left onto Route 202 South. Continue to light. Campus entrance is on left.

USING GARDEN STATE PARKWAY: Exit 163 (left lane exit) for Route 17 North, use instructions above.

USING ROUTE 208: Route 208 North until Route 202 in Oakland. Continue north on 202 until first light in Mahwah. Campus entrance is on right. **USING ROUTE 287 North:** Take exit 66 (Mahwah) for Route 17 South to Route 202 exit. At end of exit ramp turn left onto 202 South. Continue to light. Campus entrance is on left. **OR from 287 North,** take Exit 58 202 North. Follow signs for and take 202 North about 15 minutes onto campus. **USING NEW JERSEY**

TURNPIKE: Take NJ Turnpike (I95 North) to end (exit 18W or 18E). Continue North to Route 80 West to Route 17 North. Follow directions above using Route 17. **FROM THE NORTH USING ROUTE 17:** Follow Route 17 South (approximately 1.5 miles from Suffern exit on N.Y. State Thruway). Turn right at Route 202 exit. At end of exit ramp, turn left (Route 202 South). Continue on Route 202 approximately one mile to light. Campus entrance is on left.

MEET DIRECTOR: Pam Fales, 973-334-8900, usatfnj@usatfnj.org