



2009 USATF South Zone Junior Olympics
Indoor Track & Field Championships
PRINCE GEORGE'S SPORTS AND LEARNING COMPLEX



8001 Sheriff Road – Landover, MD 20785 – 301-583-2400

Sunday, February 15, 2009

HOST: Potomac Valley Association WEBSITE: www.usatf.org/assoc/pva

ELIGIBILITY: Open to any USATF registered athlete in the South Zone who falls within the age divisions listed below. The number of events an athlete may enter is based on USATF Junior Olympics limits; three events for Sub Bantams thru Midgets and four events for Youth thru Young. Athletes must be registered as 2009 members with USATF prior to participating. For membership information, go to (www.usatf.org/membership/application/). Proof of Birth (copy of birth certificate, driver's license, government ID, or passport) must be submitted prior to meet registration to your membership chair or faxed to the National Headquarters (*Attn: Ashley Huxman*) Fax Number: 317-261-0481. Please write your membership number on your proof of birth prior to submitting.

AGE DIVISION: Age divisions are determined by year of birth.

Sub Bantam 8 & U 2001 and after

Bantam 9-10 1999 – 2000

Midget 11-12 1997 – 1998

Youth 13 - 14 1995 – 1996

Intermediate 15-16 1993 – 1994

Young 17 – 18 1991 – 1992 and 1990 if date of birth is after August 2, 1990

(you must be 18 or younger on the day of the national championship).

An athlete must compete in his/her age division only.

ENTRY INFO: Entry fee is \$8.00 per event - \$32.00 per relay. Entries can only be made *on-line*:

www.usatf.org/assoc/pva and go to the youth page.

Individual: <http://www.usatf.org/events/entry/?eventID=C09002494>

Club: <http://www.usatf.org/events/entry/?eventID=C09002494&mode=team> (batch entries with one payment)

Entry Status: <http://www.usatf.org/events/entry/status/pages/C09002494.html>

Entry Deadline: Online Entry will close February 10, 2009.

AWARDS USATF Indoor Zonal Medals, 1-6th place.

RULES: In accordance with 2009 Competition Rule Book.

RELAYS: Athletes must be members of the same participating Club which is a current 2009 member, in 'good standing' with USATF. USATF relay dress code applies.

PROTEST: All protests must be made in writing to the referee no later than 30 minutes after results of an event has been announced. Proper rule must be cited. Fee \$50.00, refunded if upheld/forfeited if denied.

CHECK-IN: Two calls will be made for each event. Athletes in running events must report to the clerk of course, ready to compete. Field event athletes must report directly to their event. Running events take precedence over field events; an athlete competing in a running event and a field event simultaneously, must first check in at both events, then must report back to the field event within five minutes of completion of their running event .

EQUIPMENT: Athletes must use the starting blocks and batons provided by the meet. Throwers can provide their own implements that must be certified prior to use.

FACILITIES: 200 Meter flat Mondo surface, six lanes (8 lanes on straight away) Finish Lynx timing.

FACILITY RULES: 1. No tape decks, radios, loud music, glass containers, drugs or alcohol allowed in the facility. 2. Spikes are Limited to 1/4 inch pyramid, No "Christmas Trees" or Pin spikes. This will be strictly enforced. Athletes will not be allowed to run with longer spikes (Spikes will be for sale). 3. No food, water, Gatorade, or chewing gum on competition floor. 4. No pets allowed.

The first Running Event starts at 9:00 AM, and will continue as a rolling schedule as listed below:

ORDER OF EVENTS

<u>Event</u>	<u>Ages</u>
55 hurdle (Finals)	(11-18)
55M (SEMI)	All ages Top 8 times to Final
400M (Finals)	All ages
1600M	All ages
4 x 200 Relay	All ages
55M (Finals)	
800M (Finals)	All ages
200M (Finals)	All ages
3200M (Finals)	(11-18)
1500M Race Walk	(9-14)
4 x 400 Relay	All ages

FIELD EVENTS

Shot Put	All ages
Long Jump	All ages
High Jump	(9-18)
Triple Jump	(13-18)
Pole vault	(13-18)



FIELD EVENTS: All competitors in the Long jump, triple jump and Shot put will be given three attempts with the top six advancing to the finals.

FIELD EVENTS WILL BEGIN AT 9:00AM.

Order of field events:

Shot Put –Sub-Bantam, Bantam , Midget, Youth, Intermediate, Young (Girls followed by Boys)

Long Jump – Young, Intermediate, Youth, Midget, Bantam, Sub-Bantam

High Jump – Bantam, Midget, Youth, Intermediate, Young,

Triple Jump – Youth, Intermediate, Young

Pole Vault – Intermediate, Youth, Young (Girls followed by Boys)

Only competing athletes and officials will be permitted on the track or in field area, except medical emergencies

PACKET PICK-UP Team packets will be available at facility after 7:00 a.m.; coaches meeting at 8:30 a.m.

MEET DIRECTOR: Henry McCallum Jr Ph: 301-322-7356 Email: hmcca77@verizon.net

Zonal Representative: Inez Finch Ph:770-977-1850 Email: inezfinch@aol.com

THIS IS A USATF SANCTIONED MEET.

SPECTATOR FEE \$5.00; Coaches with valid USATF Memberships free

Sports & Learning Complex Satellite Parking FedEx

GREEN LOT D3 & D4: REDSKINS ROAD

DIRECTIONS:

From 495: Take Landover road exit 17B. Get into left lane off the ramp onto Landover Road. Take left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right into Green Lot D3 & D4.

From Sheriff Road: Follow Sheriff Road toward Fed Ex Field past the Sportsplex entrance. Stay in the right hand lane. Take a right turn before the light at Sheriff and Brightseat Road intersections onto Redskins Road. Take an immediate right into Green Lot D3 & D4.

HOTEL INFORMATION

Name of Hotel & Number	Rate	Free Breakfast	Distance
Best Western 301-459-1000	\$79.00	Yes	3 Miles
Radisson Hotel Largo 301-773-0700	\$109.00	No	1 Mile

You must identify yourself as members South Zonal Championship and register for your rooms by January 15, 2009 to get these rates.

