



USA Track & Field POTOMAC VALLEY 2009 Junior Olympics Region III Championship

July 9-12, 2009 at Prince Georges' Sports
and Learn Complex (PGSLC), 8001 Sheriff Rd
Landover, MD 20785

Youth Chair: Henry McCallum (301) 322-7356
Meet Director: Barbara Smith/Quinton Wilson
Meet Referee: Phillip Barrett Sr.

Advancement to the Regional Meet:

First through sixth place finishers in the Association Junior Olympic Championships, including relays, and Combined-Events, qualify to compete in the Region III Junior Olympics Track & Field Championships to be held at Prince George's Sports and Learn Complex, Landover, MD 20785. Multi event competition will begin on Thursday, July 9th at 9:00 a.m. and running events will begin Thursday, July 9th @ 5:00 p.m. with the 4 x 800 relay.

Entry Forms:

All entry forms must be submitted to the respective Youth Chair during the Association Junior Olympic Championship. Entries will **NOT** be accepted by any other method. All entry forms must be complete with signature of parent/guardian, athlete, USATF membership number, birth date validation stamp and appropriate fee. ***Incomplete forms are subject to a late fee of \$5.00 per application paid prior to receiving competition packet.***

Youth Chairs: Georgia - Inez Finch – (770) 977-1850
North Carolina – Frank Davis – (919) 477-8179
Potomac Valley - Henry McCallum, Jr. – (301) 322-7356
South Carolina - Valerie Beesley – (864) 943-9059
Virginia – Dwight Porter – (757) 969-1089

ENTRY FEES:

Athletes participating in individual and Combined-Events must pay both entry fees.

Individual	\$6.00 per each individual event
Relays	\$24.00 per relay
Combined-Events:	
Triathlon/Pentathlon	\$14.00 per individual
Heptathlon/Decathlon	\$20.00 per individual

PACKET PICK UP:

Clubs and individual athletes will be able to obtain their race related information at Prince George's Sports and Learn Complex Wednesday July 8th at 4:00pm to 7:00pm and Thursday July 9th thru Sunday July 12th from 7:00AM to 6PM.

GATE FEES:

Spectators:

\$5.00 per day; 4 Day Pass \$15.00
Senior Citizens (55 & older) \$4.00 per day; 4 Day Pass \$12.00

Free:

USATF Member coaches who have completed 2009 USATF background screening, participating athletes, children (under 10), USATF Region III Junior Olympic Championship volunteers and officials.

WARM UP AREA: Athletes may warm up on the fields and blacktop adjacent to the track.

AWARDS:

First through third place finishers will receive USATF medals, 4th through 8th place ribbons. First place in all relays will receive engraved batons.

CALL OF EVENTS:

Each competitor must report to the Clerk of Course at least 30 minutes prior to the beginning of the event. In the case of field events, the competitor must report to the Field Judge in charge of the event. Track events take precedence over field events however, you must report to the Field Judge first and request permission to be excused. For all events:

- First call will be 45 minutes before the event
- Second call will be 30 minutes prior to the event
- Last & Final call will be 15 minutes prior to the event
- If you are not checked in and ready to move to the track by the Final call you will be scratched.

If the meet is running behind schedule, call intervals may be shortened. In addition a call may not be made however; events will go forward as outlined in the schedule.

RULES:

USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be adhered to strictly. Rulebooks may be obtained from USATF National Office.

Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303(h) in the Competition Rule Book.

Track shoes with spikes not to exceed ¼" in length or running flats are to be worn. No street shoes will be allowed on the track.

Uniforms for the purpose of relays (Rule 302- 3{d}) All participant shall wear tops of the same color as well as shorts of a same color.

No coaches are allowed on the track or field event area except for injuries.

RELAY ROSTER/DECLARATION FORM:

Entry of an athlete into an event will be counted as participation in an event unless a "CHANGE FORM" is submitted to the designated "CHANGE CLERK" in the clerking area at least one (1) hour before the scheduled check-in time. Please be aware that the coach retains responsibility to make sure the athletes have the necessary "CHANGE FORMS" submitted prior to competition. The Relay Roster/ Declaration form must be completed and filed at the Junior Olympic Association Championships. You need only file this roster one time, as it is passed on to succeeding meets, and only athletes listed on this roster may compete on the relay team. Roster alterations are **NOT** allowed once meet management has received the forms. A separate Relay Roster/Declaration Form must be submitted for each individual relay and four athletes must have the relay listed as one of their events on their individual entry forms.

PROTESTS:

All inquiries regarding the meet should be directed through your Association Youth Chair. All protests must be filed at the protest table on the protest form by the team captain, the coach or the individual competitor, if competing for a club. A parent may file for an unattached runner. All coaches **MUST** abide by the USATF rules and any supplemental rules or risk disqualification of an athlete or their team. A **CASH** fee of \$50.00 must be submitted when filing a protest. The money will be returned if the protest is upheld.

JURY OF APPEALS:

The jury will consist of each association's Youth Chair or their designee.

SCHEDULE:

The time schedule for all events will be followed as closely as possible. Please arrive at the track and be ready to compete when your event is called. Please check with the time schedule carefully to plan for any potential conflict with each event.

Implements for the Throws:

Competitors may bring their personal implements for use in competition. Please have your implements inspected and weighed prior to competition at the appointed time and place. If implements have not been approved, they will not be accepted in competition.

POLE VAULT: Athletes must provide their own pole in the pole vault. Athletes will be weighed in at the pole vault area and their poles inspected.

NATIONAL:

The National Junior Olympic Track and Field Championship will be held at Irvin Belk Track North Carolina A&T University Greensboro, NC from July 28th thru August 2nd, 2009. Track and Field shall advance three individuals and three relay teams from each Regional to National. These shall be the top three finishers in each event, or successive event finishers who have a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National. The combined events shall advance the top two placed individuals. A third shall advance only after meeting a performance standard at the regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships. The host Association shall qualify a like number. (See attached JO Performance Standards).

The Sub Bantam age division contestants do not compete at the National Junior Olympic Track & Field Championships.

INTENT TO ADVANCE TO NATIONALS:

A competitor who intends to attend the national meet must declare his/ her intent to advance in the Junior Olympics by registering and paying his/ her entry fees at the Regional meet. Registration must be completed one hour after the posting of the results of the event in which they have qualified for Nationals. No fees from the morning of competition will be accepted after 6:00 PM the day of competing. Evening competitors will not be accepted after 12 noon on the next day under any circumstances. **ALL PAYMENTS MUST BE IN THE FORM OF CASH AND EXACT CHANGE.**

NATIONAL FEES:

Junior Olympic National Championships

*Individual	\$8 per event
*Relays	\$32 per relay
*Triathlon/Pentathlon	\$20 per individual
*Heptathlon/Decathlon	\$24 per individual

All fees must be paid in cash. No personal checks, no club checks.

FACILITY RULES:

1. No use or possession of alcohol or illegal drugs will be tolerated. NO SMOKING ALLOWED ON THE PRINCE GEORGE'S SPORTS AND LEARN COMPLEX PROPERTY.
2. No loud radios or music allowed.
3. Pets are not allowed.
4. Cooking of any type will not be allowed.
5. Tents, large umbrellas and canopies are allowed on the top designated 15 rows only. None will be allowed in the bleacher areas that are marked "reserved" under the announcer/timer booths.
6. Place trash in receptacles that are provided.
7. No selling of merchandise without the consent of the meet director.
8. No one is allowed inside the school buildings.

HOTEL ACCOMMODATIONS: Separate Cover

PARKING & DIRECTIONS TO THE COMPLEX

Prince George's Sports and Learning Complex 8001 Sheriff Road Landover, MD 20785
From 495 North take Landover Road exit 17B. From 495 South Take exit 17. Get into left lane off the ramp onto Landover Road. Take left onto Brightseat Road. Follow green overhead signs through the traffic light onto Redskins Road. Follow Redskins Road around to Fed Ex Way. Take right onto Hills Oaks Road. FedEx Green Lot B3 & B4 on the right.