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# 2014 USATF Region 9 Junior Olympic Track & Field Championships

(Combined Events & Track & Field Championships)



**Welcomes**  
**Kansas, Missouri, & Oklahoma**  
**July 9-12, 2014**

Hendrix College, 1700 Harkrider Street, Conway, AR 72032

(Please Check Periodically as the information contained  
in this passport will be updated periodically: 6-23-2014)

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## Meet & Entry Information

### **Advancement to the Regional Meet:**

First through eight place finisher in the Association Junior Olympic Championships, including relays and Combined-Events, qualify to compete in the Region 9 Junior Olympics Track & Field Championships to be held at Hendrix College and University of Central Arkansas in Conway, AR

### **General Information:**

To qualify for the USATF 2014 Junior Olympic National Track & Field Championships in Houston, Texas, athletes must compete at the 2014 Region 9 Junior Olympic Championships. The top 5 athletes in each track & field event, the top 5 relays and the top 2 combined events (along with those that meet the combined event national standard) will qualify for the National Championships in Houston. Athletes must be a 2014 USATF member to compete. Except for the Combined Events (Triathlon, Pentathlon, Heptathlon and Decathlon) an athlete must have competed at their 2014 USATF Association Junior Olympic Championships to qualify for the Region 9 Championships. If your Association did not contest the hammer throw and/or the steeplechase, members of that Association will also be contesting the hammer throw and/or the steeplechase for the first time at the Region 9 Championships.

### **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 8 and Under, 9-10, 11-12 divisions may compete in a maximum of three (3) events, including relays. **Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Junior Olympic National Championship.** Competitors in the 13-14, 15-16, and 17-18 divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in this event count. All athletes must be 2014 members of USATF in good standing.

**Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Track and Field Championships shall be eligible to compete in the 17-18 Men's and 17-18 Women's division through that meet.**

### **Membership Verification. USATF Online Membership Verification Process:**

Before an athlete can complete online registration, the athlete's age must be verified. If you are only competing in the combined events because your Association did not contest the Combined Events or the hammer throw or steeplechase at your Association Championship, your age must be verified. Age verification is done through your Association's Membership Chair. Please check your Association's website to determine your Membership Chair and send that person a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification). See Rule 300.1 (h) for further explanation.

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### **Relay Teams:**

Only registered 2014 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and a member of that club as part of their USATF membership. Visit [www.usatf.org](http://www.usatf.org) and select "Products/Services" to become a member. Teams must enter a minimum of 4 athletes in a relay event. A relay team may enter a maximum of 6 athletes on a relay.

### **ENTRY INFORMATION:**

REGULAR ONLINE REGISTRATION CLOSES **July 6, 2014 at 11:59 PM Central Standard Time.** THE ONLY WAY TO ENTER THIS MEET IS THROUGH COMPLETION OF THE ONLINE ENTRY PROCESS AT [WWW.COACHO.COM](http://WWW.COACHO.COM)

#### **Entry Fees:**

##### **Combined Events**

Triathlon \$15.00 per individual  
Pentathlon \$15.00 per individual  
Heptathlon \$20.00 per individual  
Decathlon \$20.00 per individual

##### **Track & Field**

Individual \$7.00 per event  
Relays \$28.00 per team

### **LATE ONLINE REGISTRATION:**

Late Entry begins after close of Regular Registration. The Late Entry fee will be an additional \$20 for each athlete. The Late Entry Process closes on **July 7, 2014 at 11:59 PM (CST).** After regular registration, the link will automatically access late registration fees.

### **Advancement to National Championships:**

Track & field shall advance five (5) individuals and five (5) relay teams from Region 9 to the National Championships. The **combined events shall advance the top two (2) placed individuals** and anyone else that meet the National JO standard at the regional Championship. The National Standard is the average of the 8th place in the last three National Junior Olympic Championships. The National Championships will be held from Monday, July 21- Sunday, July 27, 2014 at Turner Stadium, 1601 S. Wilson Road, Humble, Texas 77338.

### **National Entry Fees:**

Junior Olympics, Houston, Texas:

##### **Combined Events**

Triathlon \$20.00 per individual  
Pentathlon \$20.00 per individual  
Heptathlon \$24.00 per individual  
Decathlon \$24.00 per individual

##### **Track & Field**

Individual \$8.00 per event  
Relays \$32.00 per team

Entry for the National Championships must be submitted on line. Entries cannot be accepted by any other method. No on-site entry changes will be allowed.

### **Intent To Advance To National Championships:**

A competitor who intends to attend the national meet must declare his/ her intent to advance in the Junior Olympics National Championship by using the Coach O's USATF declaration process. The date for completing the declaration process will be determined by the management for the USATF Junior Olympic Program and will at or immediately following Region 9 Championship. Online declaration link will be posted on the Ozark Association's website after it has been activated.

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### **Entry Limitations:**

- 8 and Under, 9-10, 11-12 -- 3 events
- 13-14, 15-16, 17-18 Men/Women -- 4 events.
- Relays are counted as one of an athlete's events for the purpose of determining the maximum number of events athletes may enter.
- The combined events are not counted as one of an athlete's events for purposes of determining the maximum number of events athletes may enter.
- The Combined Events fees and Track & Field event fees are independent of each other.
- Athletes who are 18 years old but will not reach their 19th birthday before July 27, 2014 will remain eligible to compete as Young Men/Young Women until that date.

### **Relay Roster/Declaration:**

Relay athletes must be declared on Coach-O when declaring qualified relays.

### **Coaches Meeting:**

A coaches meeting will be held at Hendrix College on Thursday, July 10<sup>th</sup> at 7:30pm. Please double check entry information, make scratches and obtain meet instructions.

### **Packet Pickup Athlete Check In:**

Packet pickup will be held at the following times:

Wednesday, July 9, 2014 7:30am-Noon Hendrix College  
Thursday, July 10, 2014 7:30am-3:00pm Hendrix College  
Thursday, July 10, 2014 6:00-8:00p.m. Hilton Garden Inn  
Friday, July 11, 2014 7:00am-Noon Hendrix College  
Saturday, July 12, 2014 7:00-9:00am Hendrix College

- All athletes must wear bib numbers on the front of their uniform top.
- Clerking area will be located in a designated tented at the stadium.
- Only athletes will be allowed in the clerking area. The warm up area will also be designated and all warm ups must be done in the warm up area. Athletes will be escorted to a final staging area for competition.
- Athletes are required to check in 45-minutes before the scheduled time of their event. Athletes who fail to check in the bullpen before the designated time will be scratched.
- Field Events must also report to the clerking (field event) 45-minutes before the scheduled time of their event. Field event athletes will be escorted to respective event by a meet official.

### **Admission:**

- Gate admission is \$5.00 per day: 4 day pass \$16.00.
  - Under 5 free.
  - Athletes by showing both their bib number and wearing their division wrist band will be admitted free of charge. (A replacement bib will be \$10.00 and \$1.00 for a wrist band replacement)
  - Coaches who have a valid 2014 USATF Membership Card and are listed as approved by the USATF Background Check will be admitted to the competition site free of charge. Coaches must have their membership card available at all times and a picture ID for name verification if needed.
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### **Implements:**

Athletes shall be responsible for bringing their own implements. Implements may be used if they are certified by the inspector of implements at least 1 ½ hours prior to start of the event. Implement certification room is open daily between 7:30 a.m. and Noon. Signs will be posted in the stadium as to the location of the certification room. Once weighed, implements shall not leave the certification room. Hammer, which is being contested at UCA, will be weighed in from approximately 4:00-5:00pm at UCA. Time will be altered as needed to complete the Javelin at Hendrix.

### **Pole Vault:**

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

### **Facility & Conduct:**

Maximum allowable spike length is ¼.” **Smoking is prohibited at all times. Pets are not allowed.** Athletes and spectators shall conduct themselves in a manner that respects the rights of others and reflects favorably upon the Arkansas Association and USA Track & Field. Tents will be allowed only on top row of the stadium to the north of the press box and in the grassy area surrounding the track. Tents will not be allowed in front of the press box. Tents that are not in designated areas will be removed. Large umbrellas pose the same problem as tents. Therefore, spectators using large umbrellas will be allowed only on the top rows of the stadium only. As with tents, they will not be allowed in front of the press box.

### **Awards and Results:**

Professional timing services will be provided by MacDonald Timing. Results will be posted at designated locations in the stadium. Live Results will be available at [www.macdonalddtiming.com](http://www.macdonalddtiming.com). Awards will be available for pick-up 30 minutes after official results are posted. There will be the staging area where athletes will meet before being taken the awards ceremony. Top three (3) athletes in each competition will receive awards. Corrections should be addressed within 30 minutes of result posting. Event results will be posted at <http://www.macdonalddtiming.com> upon completion of the meet.

### **Protests:**

Protests must be in writing and be filed within 30 minutes after the posting of the results. A cash fee of \$100.00 will be required to file a protest and will be refunded if the protest is upheld. The protest table will be located in a designated area of the stadium. Only one coach from a team will be allowed to submit a written protest.

### **Jury of Appeals:**

The jury will consist of each association’s youth chair or their designee.

### **Meet Director:**

Meet Director: Jamie Chandler, Youth Chair USATF Arkansas  
(Jamiechandler176@hotmail.com)

### **Food Service:**

A full concession stand will be available during the meet. Coolers are acceptable – no glass bottles please. Personal grills & barbeque pits are not allowed. Trash receptacles are located throughout the facility.

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### **Other Information:**

- USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this 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 hurdle events shall be in accordance with Rule 303 (h) in the Competition Rule Book.
- Uniforms for the purpose of relays (Rule 302-3(d))- All participants shall wear tops of the same color as well as short of the same color.
- Events will contest girls first, then boys, unless otherwise noted.
- Running events may be combined by division/gender at the discretion of the Meet Director 800M & up.
- Except for the 800m (8 advance to the final if heats are run) and 1500m (12 advance to the final if heats are run), the top 8 times in each event will advance to the finals.
- All Track and Field events will run according to the scheduled time. Athletes are reminded that track events take precedence over field events; however, if an athlete is competing in a field when the athlete is required to check into their running event (45-minutes before the scheduled event), the athlete must seek permission of the field event official to check for their running event. After shall return to the field event competition and the official will coordinate with the Clerk of Course on when that athlete is to return to the track event. The athlete will have 10 minutes to return to field competition following completion of a running event or forfeit remaining jumps/throws.
- All field events will have 3 preliminary attempts and the top 8 finalists will be allowed 3 final attempts. Pole vault and high jump are excluded from this rule.
- All events are finals unless specifically noted. Any race shown as a Prelim that has 8 or fewer contestants declared during bullpen check-in will be ran as a final.
- All athletes must wear bib numbers on the front of their uniform top. Replacements bibs will cost \$10
- Replacement id bands will cost \$1.00.
- Sportsmanlike conduct at all times is mandatory (pre-competition, competition and post-competition.) Unsportsmanlike conduct may result in athletes, coaches, parents and/or team disqualification from the competition.
- Souvenir T-Shirt sales will be available, along with shoes, spikes & running apparel.
- Medical assistance will be available onsite.
- A Performance Listing will be posted online at [www.macdonalddtiming.com](http://www.macdonalddtiming.com).

### **2014 USATF Junior Olympic Program Participant Waiver & Release Form:**

All athletes must complete the 2014 USAF Junior Olympic Waiver & Release Form before they will be allowed to compete at the Region 9 Championships. Athletes will be required to provide the Waiver & Release Form because the form must also be turned into the meet management team in Houston, TX. The Waiver Forms must be collected before the Junior Olympic National Outdoor Track & Field Championships in Houston, Texas.

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**SCHEDULE: 2014 Region 9 Championships**  
**EVENT TIMES MAY CHANGE WITH NUMBER OF PARTICIPANTS**  
**All events to be contested at Hendrix College – Conway, AR unless otherwise indicated.**

			Wednesday, July 09, 2014											
7:30 am	Packet Pickup													
9:00 am	Decathlon 100m, LJ, SP, HJ, 400m										15-16B		17-18B	Day 1
9:30 am	Pentathlon 80 H, HJ, SP LJ,800/1500M					11-12G	11-12B							Final
10:00 am	Heptathlon 100H, HJ, SP, 200m										15-16G		17-18G	Day 1

			Thursday, July 10, 2014											
7:30 am	Packet Pickup													
8:30 am	2000 Steeple										15-16G		17-18G	Final
8:45 am	2000 Steeple										15-16B		17-18B	Final
9:00 am	Decathlon 110H, DT, PV, JT, 1500m										15-16B		17-18B	Day 2
9:00 am	Heptathlon LJ, JT, 800m										15-16G		17-18G	Day 2
9:30 am	Pentathlon 100H, HJ, SP LJ, 800/1500						13-14G	13-14B						Final
10:00 am	Triathlon HJ, SP, 200m/400m			9-10G	9-10B									Final
	<b>BREAK</b>													
2:00 pm	Javelin										15-16G		17-18g	Final
*3:00 pm	Javelin										15-16B		17-18B	Final
3:00 pm	Race Walk Clinic **													Clinic
*4:00 pm	Javelin						13-14G							Final
	Javelin							13-14B						Final
*5:00 pm	Hammer @ UCA										15-16G		17-18G	Final
*6:00 pm	Hammer @ UCA										15-16B		17-18B	Final
5:30 pm	1500m RW			9-10G	9-10B	11-12G	11-12B							Final
6:15 pm	3000m RW							13-14G	13-14B	15-16G	15-16B	17-18B	17-18B	Final
7:30 pm	Coaches Meeting Hilton Garden Inn													

\*Times for Javelin and Hammer are approximate

\*\* We will be hosting a Racewalking Clinic this year. More information will be available soon.

Field Events			Friday, July 11, 2014											
7:00 am	Packet Pickup													
8:00 am	Long Jump						13-14G							Final
	High Jump		9-10G											Final
	Discus					11-12G								Final
	Shot Put											17-18G		Final
	Mini Javelin	7-8G												Final
9:30 am	Shot Put									15-16G				Final
	Discus					11-12B								Final
	High Jump			9-10B										Final
	Pole Vault						13-14G		15-16G			17-18G		Final
	Mini Javelin		7-8B											Final
	Long Jump									13-14B				Final
11:00 am	Shot Put									13-14B				Final
	High Jump					11-12B								Final
	Mini Javelin		9-10G											Final
	Discus										15-16B			Final
	Long Jump									15-16G				Final
12:30 pm	Shot Put						13-14G							Final
	Mini Javelin			9-10B										Final
	High Jump					11-12G								Final
	Discus												17-18B	Final
	Long Jump										15-16B			Final
2:00 pm	Shot Put										15-16B			Final
	Mini Javelin						11-12B							Final
	High Jump						13-14G							Final
	Long Jump												17-18B	Final
3:30 pm	Mini Javelin					11-12G								Final
	Shot Put												17-18B	Final
	Long Jump											17-18G		Final





Track Events				Saturday, July 12, 2014											
8:00 am	3000m					11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	
10:00 am	110 Hurdles 100 Hurdles 80m Hurdles					11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	
10:30 am	400m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	
11:00 am	100m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	
11:30 am	200 Hurdles							13-14G	13-14B					Final	
	400 Hurdles									15-16G	15-16B	17-18G	17-18B	Final	
11:50 am	800m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	
12:30 pm	200m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	
1:00 pm	4X400 Relay	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18G	17-18B	Final	

## Events

### 8 and Under (2006+)

100m Dash  
200m Dash  
400m Dash

800m Run  
1500m Run  
4 x 100, 4 x 400

Long Jump  
Shot Put (2 kg)  
Mini Javelin (300g)

### 9-10 (2004-2005)

100m Dash  
200m Dash  
400M Dash  
800m Run

1500m Run  
1500m Racewalk  
4x100, 4x400  
High Jump

Long Jump  
Shot Put (6 lb)  
Mini Javelin (300g)  
Triathlon

### 11-12 (2002-2003)

100m Dash  
200m Dash  
400M Dash  
800m Run  
80m Hurdles (30")

1500m Run  
3000m Run  
1500m Racewalk  
4x100, 4x400, 4 x 800  
Discus (1 kg)

High Jump  
Long Jump  
Shot Put (6 lb)  
Mini Javelin (300g)  
Pentathlon

### 13-14 (2000-2001)

100m Dash  
200m Dash  
400M Dash  
800m Run  
100m Hurdles (B-33", G-30")  
200m Hurdles (30")

1500m Run  
3000m Run  
3000m Racewalk  
4x100, 4x400, 4 x 800  
Discus (1kg)  
Pole Vault

High Jump  
Long Jump  
Shot Put (B-4kg, G-6lb)  
Javelin (800g men, 600g women)  
Triple Jump  
Pentathlon

### 15-16 (1998-1999)

100m Dash  
200m Dash  
400M Dash  
800m Run  
100/110m Hurdle( B-39", G-33")  
400m Hurdles (B-36", G30")  
2000m Steeplechase

1500m Run  
3000m Run  
3000m Racewalk  
4x100, 4x400, 4 x 800  
Discus (1.6kg men, 1kg women)  
Pole Vault  
Heptathlon- Women

High Jump  
Long Jump  
Shot Put (12lb men, 4kg women)  
Javelin (800g men, 600g women)  
Triple Jump  
Hammer (12lb men, 4kg women)  
Decathlon- Men

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**17-18 (1996-1997)**

100m Dash	1500m Run	High Jump
200m Dash	3000m Run	Long Jump
400M Dash	3000m Racewalk	Shot Put (12lb men, 4kg women)
800m Run	4x100, 4x400, 4 x 800	Javelin (800g men, 600g women)
100/110m Hurdle (B-39",G-33")	Discus (1.6kg men,1kg women)	Triple Jump
400m Hurdles (B-36",G30")	Pole Vault	Hammer (12lb men, 4kg women)
2000m Steeplechase	Heptathlon- Women	Decathlon- Men

**Hotels****Host Hotel:**

Hilton Garden Inn  
805 Amity Road  
501-329-1444  
Rooms Starting at \$94

Other Hotels offering discounts to Regional Participants

Comfort Suites  
705 Museum Road  
501-329-8548  
Rooms Starting at \$80

Hampton Inn  
810 Museum Road  
501-329-8999  
Rooms Starting at \$80

Country Inn & Suites  
750 Amity Road  
501-932-0500  
Rooms Starting at \$89/\$105

Fairfield Inn & Suites  
2260 Sanders Road  
501-505-8034  
Rooms Starting at \$89

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