

2005 USATF Region I Junior Olympic Track & Field Championships Information Sheet

Queensbury High School, Queensbury, New York - July 8th, 9th, 10th, 2005

Directions to Queensbury High School: Directions: New York Interstate-87, Exit 19, From North take a right at end of ramp - Aviation Rd. From South, take a left at end of ramp. High School is the on right - 409 Aviation Rd.

Entries

Athletes must submit their entry forms to their Association Coordinator. Proof of birth or age certification stamp is REQUIRED with each association entry. Entries will only be accepted from the Association Coordinator. No post entries. Associations should send results by Hy-Tek back-up file and an advancer file to the host Association by July 1st.

MEET DIRECTORS: Jim Egan, Nicole DePasquale

ENTRY FEES: \$7 per individual event (excluding relays), \$20 per relay (paid by the club and includes up to 8 entered individuals) \$15 for Triathlon or Pentathlon (Bantam, Midget, Youth) \$15 for Heptathlon or Decathlon (Intermediate, Young Men/Young Women) These fees are collected at the Association meet and sent by that Association to the Region 1 site.

RULES: 2005 USATF Rules shall be in effect, except as amended by the Youth Athletics Section of the Rulebook. Non identity implement rule for throwing events in effect (Rule 187.12, page 106).

GAMES COMMITTEE: Roberto Vives, Chris Rush, George Regan, Bobbi Palma, Bob Underwood, Nicole DePasquale, Jim Egan.

PROTEST:

Written protest(s) must be submitted to the Meet Referee within 30 minutes of the events' closing. Should the matter be pursued further to the July of Appeals, a \$25 appeal fee should accompany the appeal. The fee shall be returned if the decision is reversed.

REFEREE/JURY OF APPEALS: All protests will go to Don Berry, Meet Referee, and if appealed, will go to a Jury of Appeals consisting of Representatives from each association.

WEIGH IN: Athletes are responsible for bringing their own implements. **Implements must be weighed in one hour before the first scheduled field event each day of competition.** Non identity implement rule for throwing events in effect (Rule 187.12, page 106).

FACILITIES: Eight lane 400 meter track. Two long/triple jump runways. Two Shot Circles, Two HJ Pits, Turbo Javelin on the In-Field. Track facility is synthetic surface on which you can use only 1/4 inch spikes. Timing will be automatic using Finish LYNX with data entry and scoring by Hy-Tek's Meet Manager. There will be no locker room accommodations. Bathrooms located inside the school doors facing the track. Outdoor Restrooms will be located in various locations on facility grounds.

MEDICAL: A Medical Trainer will be available.

Check-In and Packet Pick-up:

Combined Events - Friday morning after 10:00 a.m. at the track. Check the schedule for the specific time of each combined event.

Track & Field Events - Friday after 1:00 p.m. at the track. Saturday & Sunday - 7:00 a.m. to the end of meet at the track.

AWARDS: Medals to top 3 finishers in each division. Participation ribbons to all other finishers.

NATIONAL QUALIFICATION: Top 3 individuals and relay teams in each event. Combined events advance top 2 plus a third if qualifying from the current year's standard. **NOTE:** You must register for the National Junior Olympic Championship at the regional meet. You may not send your national entry in on your own!

HOTEL LIST: Please mention the USATF Junior Olympic Program when making reservations for group rates. Check individual hotels for cancellation policies:

Quality Inn of Glens Falls: 547 Aviation Rd. Glens Falls, NY 12804 (518)793-3800-\$109(single/double/triple/quad) plus tax- **guaranteed through June 27th**

Econolodge of Glens Falls: 543 Aviation Rd. Queensbury, NY (518)793-3700-\$89 (single/double/triple/quad) plus tax-**Rate guaranteed through June 29th**

Ramada Limited: 2447 Route 9N Lake George (518) 668-4141 - \$109 (single/double/triple/quad) plus tax - **Rate guaranteed through June 27th**

Queensbury Hotel: 88 Ridge St. Glens falls, NY (518) 792-1121 www.queensburyhotel.com \$109 plus tax - **Rate Guaranteed through June 24.**

Super 8 Lake George: Canada Street, New York www.super8lakegeorge.com/ (518)668-2470 \$108 plus tax - **Rate guaranteed through June 8th**

Ramada Inn: Exit 19 Abby Lane, Queensbury, NY (518)793-7701 \$89 single/double plus tax - **Rate guaranteed through June 27th**

Travel Lodge: 2011 State Rt. 9 Lake George, NY (800)525-3055 \$90 plus tax – Confirmation # 501703078 - **Rate guaranteed through June 8th**

Days Inn of Lake George: 1454 State Rt. 9 www.daysinnlakegeorge.com/ (800) 274-7111 - \$119* Single/Double plus tax ***Rate guaranteed through**

June 8th – Limited number of Saturday one-night only rooms available at guaranteed rate. Rooms will be filled on a first come basis, and then higher rates apply.

Best Western Rensselaer Inn: 1800 Sixth Ave. Troy, NY 12180 518-274-3210 \$70 (1 king bed). \$77 Dbl (2 beds) Inc. Full Breakfast (45 min. South of Track-easy drive)

REGION 1 JUNIOR OLYMPIC CHAMPIONSHIPS

ORDER OF EVENTS - Queensbury High School, Queensbury NY

Times listed for events will be the earliest an event will begin.

Friday, July 8, 2005: Combined Events

1:00 PM Triathlon: BB/BG SP,HJ,400m(B),200m(G)
 1:00 PM Decathlon: IB/YM 100m, LJ,S,HJ,400m
 1:30 PM Heptathlon: IG/YW 100H,HJ,SP, 200m
 1:30 PM Pentathlon: MG, MG 80H, SP, HJ, LJ,
 1500m(B), 800m(G)
 1:30 PM Pentathlon: YG/YB 100H, SP, HJ, LJ,
 1500m(B), 800m(G)

Saturday, July 9: Track Events

9:15 AM S HH YB/YG/MG/MB
 F 3000m MG/MB/YG/YB
 10:30 AM F 400m BG/BB/MG/MB/YG/YB
 11:15 AM S 100m BG/BB/MG/MB/YG/YB
 12:00 PM F 3000mRW (YG/YB) together
 F 4x800 MG/MB/YG/YB
 1:00 PM F 4x100m BG/BB/MG/MB/YG/YB
 F 1500mRW (BB/BG/MG/MB) together
 F 200m H YG/YB
 2:00 PM F 1500m BG/BB/MG/MB/YG/YB
 F 100m BG/BB/MG/MB/YG/YB
 F 800m BG/BB/MG/MB/YG/YB
 F HH MG/MB/YG/YB
 F 200m BG/BB/MG/MB/YG/YB
 F 4x400 BG/BB/MG/MB/YG/YB

Sunday, July 10: Track Events

8:30 AM F 5000m YM
 9:00 AM F 5000mRW IG/YW/IB/YM together
 9:45 AM 400mH IG/YW/IB/YM
 10:00 AM F 4x100m IG/YW/IB/YM
 10:15 AM F 3000m IG/YW/IB
 S 100m IG/YW/IB/YM
 11:00 AM F 4x800 IG/YW/IB/YM
 S HH IG/YW/IB/YM
 F 1500m IG/YW/IB/YM
 F 400m IG/YW/IB/YM
 F 100m IG/YW/IB/YM
 F 2000m ST(IB/YM)/(IG/YW) (may be combined)
 F HH IG/YW/IB/YM
 F 800m IG/YW/IB/YM
 F 200m IG/YW/IB/YM
 F 4x400m IG/YW/IB/YM

Saturday, July 9, 2004: Combined Events

8:00 AM Decathlon: IB/YM 110H,
 DT, PV, JT, 1500M
 8:00 AM Heptathlon: IG/YM LJ, JT, 800M

Saturday, July 9: Field Events

9:00 AM SP - BG/BB (2 circles)
 SP - YG/YB/MG/MB (2 circles)
 HJ -MG/MB/BG/BB/YG/YB 2 pits- B/G
 TJ -YG/YB (one pit)
 10:00 AM DT- YG/YB/MG/MB
 11:00 AM PV - YG/YB
 12:00 PM JT- YG/YB
 1:00 PM Turbo Jav - BG/BB/MG/MB
 (infield,2-B/G)
 12:00 PM LJ - MG/MB/BG/BB/YG/YB
 2 pits - 1 girls 1 boys

Semis - if only 8 report it will be run as a final at the Semi-final time-100, hurdles

Hammer-IB/YM/IG/YW * Off Site Location*
SUNY Albany Saturday July 9th 3:00pm
(Hammer does not advance to National JO)

Sunday, July 10: Field Events

9:00 AM SP - YW/YM/IB/IG
 HJ - IB/IG/YW/YM (2 Pits- girls/boys)
 TJ - YW/YM/IG/IB (2 Pits- girls/boys)
 10:00 AM PV - (IG/YW), followed by (IB/YM)
 () indicates combined
 11:00 AM DT - YW/YM/IG/IB
 11:30 AM LJ - YW/YM/IG/IB (follows TJ) (2 pits)
 JT - IG/YM/YW/IB (1 runway)

- * Please listen for any announcements of changes.
- * Athletes are responsible for reporting on time.
- * No one will be permitted in the competition area unless they are competing at the time.
- * All athletes must check in with the clerk.
- * A coach, parent, or teammate may assist in getting mark for HJ and PV and then must leave the area.
- * Athletes in the Intermediate and Young Men/Women divisions shall, in accordance with Rules 161.1 and .2, be required to use starting blocks and a crouch position for all events up to and including the 400 Meter Runs and the first leg of all relays where that leg does not exceed 400 meters.
- * These rules are for the safety and benefit of the athletes and spectators and for the smooth operation of the meet.

DIVISIONS

Bantam Boys & Girls	1995-96	BB, BG
Midget Boys & Girls	1993-94	MB, MG
Youth Boys & Girls	1991-92	YB, YG
Intermediate Boys & Girls	1989-90	IG, IB
Young Men/Women	1987-88*	YM, YW

*Athletes who are still 18 years of age through the final day (7/31/05) of the National Junior Olympic Track and Field Championships shall be eligible to compete in the Young Men's and Young Women's division through the meet.