

# **2014 USATF Region 1 Junior Olympic Track & Field Championships**

**Fitchburg State University Fitchburg, MA  
July 10, 11, 12 & 13**

**Michael P. Riccards Field at the Elliot Athletic Complex, Fitchburg State University  
Off of John Fitch Highway, Fitchburg MA**

Thursday, July 10, 2014 (Decathlon/Heptathlon day 1 only)

Friday, July 11, 2014

Saturday, July 12, 2014

Sunday, July 13, 2014

**Age Groups:** (Age is as of December 31, 2014)

**Group 1** - 7 - 8 years old born 2006-2007

**Group 2** - 9-10 years old born 2004-2005

**Group 3** - 11-12 years old born 2002-2003

**Group 4** - 13-14 years old born 2000-2001

**Group 5** - 15-16 years old born 1998-1999

**Group 6** - 17-18 years old born 1996-1997 and after July 28, 1995

**INFORMATION AS OF JULY 5, 2014 (THURSDAY AND FRIDAY BEEN UPDATED)  
THIS INFORMATION DOCUMENT MAY BE UPDATED ON A DAILY BASIS**

## **DIRECTIONS:**

Take Interstate 91, 190 or 495 to Rte. 2 to the Rte. 12 North exit (31B).

Travel north on Route 12 for 3 miles, then turn right on Bemis Rd. and follow .5 mile.

Bear right on John Fitch Highway. Follow for approximately 2 miles.

The complex is on your right after Coolidge Park adjacent to the Wallace Civic Center (1038 John Fitch Hwy).

## **FACILITY:**

The facility offers an 8-lane track, 2 horizontal jump areas, 2 high jump area, and four throwing areas (2 shot put, 1 discus and 1 javelin/discus/hammer) and an additional grass mini-jav area.

1/4" pyramid spikes only. Spikes will be checked at clerking area

## **QUALIFYING FOR REGIONALS:**

- 1) The Following Associations compete in the Region 1 Championship: Adirondack; Connecticut; Long Island; Maine; New York; and New England.
- 2) The top 8 Boys & Girls in each event at each Association Meet may advance to Region 1.
- 3) Any waivers approved by an association meets must be properly entered through CoachO
- 4) Athletes in Divisions 1-2-3 (8/under, 9-10, 11-12) may enter a maximum of 3 individual events.
- 5) Athletes in Divisions 4-5-6 (13-14, 15-16, 17-18) may enter in a maximum of 4 individual events.
- 6) Relays count as events.
- 7) Combined events count separately.
- 8) All entrants must have been approved through an athlete's association.

## **ENTRY PROCEDURE:**

- 1) All entry is through the online registration at [www.coacho.com](http://www.coacho.com).
- 2) Entry begins Thursday, June 26 and runs through Thursday, July 5, at 3:30 p.m.
- 3) LATE ENTIRES WILL NOT BE ACCEPTED

## **ENTRY FEES:**

Individual Events \$7, Relays \$24, Triathlon/Pentathlon \$15, Heptathlon/Decathlon \$20

## **CHECK-IN:**

- 1) Number pick-up is at the press box beginning at 11:00 a.m. on day 1, and 8:00 a.m. on day 2-3-4
- 2) Each association will have a registration area.
- 3) Bib numbers will be distributed at packet pick-up.
- 4) All athletes will have a bib number assigned to them in order to compete.
- 5) Athletes must only wear their own number.
- 6) Bib numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer.
- 7) Lost or forgotten bib numbers will result in a \$10.00 replacement fee each time it is replaced.
- 8) For all running and race walking events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding. Hip numbers must be worn on the correct hip Shirts must be tucked in so hip numbers are visible by camera at finish line

## **RELAY UNIFORMS:**

RELAY uniforms must be basically identical, top and bottom.

## **EQUIPMENT:**

- 1) Implements for all throwing events will be checked at the weigh in area adjacent to the press box.
- 2) Implements not meeting specifications will be impounded.
- 3) Athletes are encouraged to bring their own equipment. No vaulting poles will be supplied.
- 4) Personal starting blocks are not permitted.

## **RESULTS:**

Result posting will be posted at a designated location during the meet as soon after the completion as possible.

**RESULTS WILL BE POSTED AT THE CONCLUSION OF EACH DAY ON [WWW.USATFNE.ORG](http://WWW.USATFNE.ORG)**

## **ATHLETE FLOW/CLERKING PROCEDURES :**

- 1) Designated warm-up areas will be announced
- 2) First call for track events will be made 60 minutes prior to the event, with a second and final call being made 30 minutes prior to the scheduled start time.
- 3) Clerks will escort athletes to the starting lines.
- 4) Athletes will be escorted by the Head Official to the field event areas.
- 5) Athletes are not permitted to leave the clerking area or the field event area once the final call has been made without permission of the Head Clerk or Head Official and being escorted by a Marshall.

## **IMPORTANT INFORMATION FOR ATHLETES AND COACHES**

### **PROTESTS:**

- 1) All protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. This time period will be strictly enforced.
- 2) There will be a \$50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld.
- 3) Only violations of the USATF 2014 Rules of Competition may be protested.
- 4) Judgment calls made by meet officials cannot be protested.
- 5) Protests that do not meet the above criteria will not be accepted.
- 6) The protest table is located in the press box

### **MEDICAL:**

There will be qualified personnel available at all sessions of the championships. Medical Staff who will handle injuries only will be located in the middle of the field. There is no taping or massage available.

WATER will be available at multiple locations.

### **ADVANCEMENT TO NATIONALS:**

- 1) In all Individual events, the top 5 finishers in each event may advance to the National Championships.
- 2) In all Relays, the top 5 finishers in each relay may advance to the National Championships.
- 3) In the Combined Events, the top 2 girls and top 2 boys may advance to the National Championships. If achieving a specific National standard, available online, a third combined event athlete may advance.

## **LIST OF KEY OFFICIALS:**

CHIEF OF MULTI EVENTS- WEIGHTS AND MEASURES- FIELD REFEREE-	TBA Josiah Novack Don Berry
HEAD CLERK- CHIEF STARTER -	Ron Boemker Dave Watson

## **HOTEL INFO:**

Due to other sport tournaments and conferences scheduled long in advance of the Region I scheduling, there is minimal hotel availability in the immediate Fitchburg area. You may need to look at hotels in the Worcester, MA or Nashua, NH areas, a 30 minute drive from Fitchburg. Those coming from the north will find hotels in Nashua NH more accessible.

Other specific hotel information to be provided as it becomes available.

## **OTHER INFORMATION:**

Updated information can be found at [www.usatfne.org/track](http://www.usatfne.org/track), and at the meet Facebook page.

A Twitter account will be set up for meet-day information and schedule updates.

**PHOTOS AND VIDEOS OF THE EVENT CAN BE FOUND AT THE  
USATF NEW ENGLAND WEBSITE.**

## **AWARDS:**

Awards will be available at the awards table 30 minutes after the results have been posted

NOTE: The 30 minute waiting period is to allow processing time in case a protest is filed regarding an event result. Medals are awarded to the overall top five places in each event.

## **ACCESS:**

- 1) There is no admission charge
- 2) There is no charge for parking. Follow directions of parking monitors. Illegally parked cars may be towed without announcement.
- 3) Fitchburg State University and USATF are not responsible for lost or stolen items

## **STADIUM RULES:**

Access to infield / Clerk of Course area: Only athletes who are competing will be allowed access to the track or Clerk of the Course area.

- 1) Any coach or parent in the infield or clerking area will result in the disqualification of their athlete/team.
- 2) Any parent or non-2014 USATF coach in any other restricted area may result in the immediate disqualification of their athlete/team.

Athletes may **ONLY** bring water onto the infield; no other beverages or food are allowed.

**NO ELECTRONIC DEVICES ARE ALLOWED WITH COMPETITORS OR COACHES ON THE INFIELD**

Tents **WILL** be permitted in specific, designated areas.

There is no smoking allowed inside or immediately outside the stadium.

Coolers are permitted inside the stadium. Glass containers **ARE NOT PERMITTED**. Coolers will be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium.

## **CONCESSIONS:**

*Food and beverages* will be sold throughout the meet at two different locations around the stadium.

- 1) You may bring your own food and drink into the stadium but you may not bring in glass containers. No grills or fires.
- 2) When you leave, you must remove anything you brought in with you - carry in, carry out.
- 3) For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal.

*Event t-shirts* will be sold on location.

*Lost and Found* will be located at the press box

## **REGION 1 SCHEDULE :**

Time:	Track	High Jump			Long/Triple Jump		Pole Vault	Shot Put		Discus / Hammer		Javelin	Turbo Jav
		Pit #1	Pit #2	Pit #3	Pit #1	Pit #2		Circle #1	Circle #2	Circle #1	Circle #2		
9 : 45	<b>THURSDAY</b>												
9 : 50	<b>JULY 10</b>												
9 : 55	<b>DAY 1</b>												
10 : 00													
10 : 05													
10 : 10													
10 : 15													
10 : 20													
10 : 25													
10 : 30													
10 : 35													
10 : 40													
10 : 45													
10 : 50													
10 : 55													
11 : 00													
11 : 05													
11 : 10													
11 : 15													
11 : 20													
11 : 25													
11 : 30	<b>Decathlon</b>												
11 : 35	100m												
11 : 40	5B and 6B												
11 : 45	TOGETHER												
11 : 50													
11 : 55													
12 : 00													
12 : 05													
12 : 10													
12 : 15													
12 : 20													
12 : 25													
12 : 30													
12 : 35													
12 : 40													
12 : 45													
12 : 50													
12 : 55													
1 : 00													
1 : 05													
1 : 10													
1 : 15													
1 : 20													
1 : 25													
1 : 30													
1 : 35													
1 : 40													
1 : 45													
1 : 50													
1 : 55													
2 : 00	<b>Heptathlon</b>												
2 : 05	100mHH												
2 : 10	5G and 6G												
2 : 15	TOGETHER												
2 : 20													
2 : 25													
2 : 30													
2 : 35													
2 : 40													
2 : 45													
2 : 50													
2 : 55	<b>Decathlon</b>												
3 : 00	High Jump												
3 : 05	5B and 6B												
3 : 10	TOGETHER												
3 : 15													
3 : 20													
3 : 25													
3 : 30													
3 : 35													
3 : 40													
3 : 45													
3 : 50													
3 : 55													
4 : 00													
4 : 05													
4 : 10													
4 : 15	<b>Heptathlon</b>												
4 : 20	High Jump												
4 : 25	5G and 6G												
4 : 30	TOGETHER												
4 : 35													
4 : 40													
4 : 45	<b>Decathlon</b>												
4 : 50	400m												
4 : 55	5B and 6B												
5 : 00	TOGETHER												
5 : 05													
5 : 10													
5 : 15													
5 : 20													
5 : 25													
5 : 30	<b>Heptathlon</b>												
5 : 35	200m												
5 : 40	5G then 6G												
5 : 45													
5 : 50													
5 : 55													
6 : 00													
6 : 05													
6 : 10													
6 : 15													
6 : 20													
6 : 25													
6 : 30													

**THURS**  
**JULY 10**  
**DAY 1**

Time:	Track	High Jump		Long/Triple Jump		Pole Vault	Shot Put		Discus / Hammer	Javelin
		Pit #1	Pit #2	Pit #1	Pit #2		Circle #1	Circle #2		
9 : 30	<b>DAY 2 - FRIDAY - JULY 11</b>									
9 : 35	Decathlon									
9 : 40	110mHH									
9 : 45	5B and 6B									
9 : 50	TOGETHER									
9 : 55	Pentathlon			Heptathlon						
10 : 00	Hurdles			Long Jump						
10 : 05	3G then 4G			5G and 6G					Decathlon	
10 : 10				TOGETHER					5B and 6B	
10 : 15									TOGETHER	
10 : 20										
10 : 25							Triathlon	Triathlon		
10 : 30							Shot Put	Shot Put		
10 : 35							2B	2G		
10 : 40	Pentathlon									
10 : 45	Hurdles			Pentathlon	Pentathlon					
10 : 50	3B then 4B			Long Jump	Long Jump					
10 : 55				Warm-up	Warm-up					
11 : 00				4G - Start	3G - Start					
11 : 05										
11 : 10										
11 : 15										
11 : 20										
11 : 25						Decathlon				
11 : 30						Pole Vault				
11 : 35						5B and 6B				
11 : 40										
11 : 45	Triathlon	Triathlon				TOGETHER				Heptathlon
11 : 50	High Jump	High Jump								Javelin
11 : 55			Pentathlon	Pentathlon						5G and 6G
12 : 00	4x800m Relay	Warm-up	Warm-up	Long Jump	Long Jump		Pentathlon	Pentathlon		TOGETHER
12 : 05	ages may be combined	2B - Start	2G - Start	Warm-up	Warm-up		Shot Put	Shot Put		
12 : 10				4B - Start	3B - Start					
12 : 15	G3 & G4						Warm-up	Warm-up		
12 : 20	B3 & B4						4G - Start	3G - Start		
12 : 25	G5 & G6									
12 : 30	B5 & B6									
12 : 35										
12 : 40	Steeplechase									
12 : 45	2000m									
12 : 50	5G & 6G									
12 : 55										
1 : 00										
1 : 05	Steeplechase	Pentathlon	Pentathlon				Pentathlon	Pentathlon		
1 : 10	2000m	High Jump	High Jump				Shot Put	Shot Put		
1 : 15	5B & 6B						Warm-up	Warm-up		
1 : 20		Warm-up	Warm-up				4B - Start	3B - Start		
1 : 25		4G - Start	3G - Start							
1 : 30	Triathlon									
1 : 35	200m									
1 : 40	2G									
1 : 45	Triathlon									Decathlon
1 : 50	400m									Javelin
1 : 55	2B									5B and 6B
2 : 00	Heptathlon									TOGETHER
2 : 05	800m									
2 : 10	5G and 6G	Pentathlon	Pentathlon							
2 : 15	TOGETHER	High Jump	High Jump							
2 : 20		Warm-up	Warm-up							
2 : 25		4B - Start	3B - Start							
2 : 30	Pentathlon									
2 : 35	800m									
2 : 40	3G then 4G									
2 : 45										
2 : 50										
2 : 55										
3 : 00	Pentathlon									
3 : 05	1500m									
3 : 10	3B then 4B									
3 : 15										
3 : 20										
3 : 25										Hammer
3 : 30										5G & 6G
3 : 35										TOGETHER
3 : 40	Decathlon									
3 : 45	1500m									
3 : 50	5B and 6B									
3 : 55	TOGETHER									
4 : 00										
4 : 05										
4 : 10	3000m									
4 : 15	May combine									
4 : 20	3G									
4 : 25	then									
4 : 30	3B									
4 : 35	then									
4 : 40	4G									
4 : 45	then									
4 : 50	4B									
4 : 55	then									
5 : 00	5G									
5 : 05	then									
5 : 10	5B									
5 : 15	then									
5 : 20	6G									
5 : 25	then									
5 : 30	6B									
5 : 35										
5 : 40										
5 : 45										
5 : 50										
5 : 55										
6 : 00										
6 : 05										
6 : 10										
6 : 15										
6 : 20										
6 : 25										
6 : 30										

DAY 2  
FRIDAY  
JULY 11

Time	Track	High Jump		Long/Triple Jump		Pole Vault	Shot Put		Discus / Hammer		Javelin	Turbo Jav
		Pit #1	Pit #2	Pit #1	Pit #2		Circle #1	Circle #2	Circle #1	Circle #2		
9:00	SATURDAY											
9:05	JULY 12											
9:10	DAY 3											
9:15												
9:20												
9:25												
9:30	200m H					Pole Vault						
9:35	4G					4G, 5G, 6G						
9:40	then											
9:45	4B											
9:50	400m H											
9:55	5G then 6G											
10:00	then	High Jump	High Jump	Long Jump	Long Jump				Discus	Discus		Mini Jav
10:05	5B then 6B	3B	3G	2B	2G				3B	3G		1G
10:10	1500m RW											
10:15	Combined											
10:20	2/3 G & 2/3 B											
10:25												
10:30	3000m RW											
10:35	Combined											
10:40	4/5/6 G &											
10:45	4/5/6 B											
10:50												
10:55												
11:00	80m HH Trials	High Jump	High Jump	Long Jump	Long Jump				Discus	Discus		Mini Jav
11:05	3G	4B	4G	3B	3G				4B	4G		1B
11:10	then											
11:15	3B											
11:20	100m HH Trials											
11:25	4G											
11:30	then											
11:35	4B											
11:40	100m HH Trials											
11:45	5G											
11:50	then											
11:55	5G											
12:00	110m HH Trials											
12:05	5B											
12:10	then											
12:15	6B											
12:20	80m HH Finals											
12:25	3G, 3B											
12:30	100mHH Finals											
12:35	4G, 4B											
12:40	100mHH Finals											
12:45	5G, 5G											
12:50	110mHH Finals											
12:55	5A, 6B											
1:00	100m Trials	High Jump	High Jump	Long Jump	Long Jump	Pole Vault			Discus	Discus		Mini Jav
1:05	Multiple Heats	2B	2G	1B	1G	4B, 5B, 6B			5B	5G		2G
1:10	1B											
1:15	then											
1:20	2G											
1:25	then											
1:30	2B											
1:35	then											
1:40	3G											
1:45	then											
1:50	3B											
1:55	then											
2:00	4G	High Jump	High Jump	Long Jump	Long Jump				Discus	Discus		Mini Jav
2:05	then	5/6B	5/6G	4B	4G				6B	6G		2B
2:10	4B											
2:15	then											
2:20	5G											
2:25	then											
2:30	5B											
2:35	then											
2:40	6G											
2:45	then											
2:50	6B											
2:55	1500m											
3:00	May Combine			Long Jump	Long Jump							Mini Jav
3:05	Age Groups			5B	5G							3G
3:10	1/2 G, 1/2 B											
3:15	3/4 G, 3/4 B											
3:20	5/6 G, 5/6 B											
3:25												
3:30												
3:35												
3:40												
3:45												
3:50												
3:55												
4:00	100m Finals			Long Jump	Long Jump							Mini Jav
4:05	1G, 1B, 3G, 2B			6B	6G							3B
4:10	3G, 3B, 4G, 4B											
4:15	5G, 5B, 6G, 6B											
4:20												
4:25												
4:30	400m											
4:35	Multiple Heats											
4:40	1G											
4:45	then											
4:50	1B											
4:55	then											
5:00	2G											
5:05	then											
5:10	2B											
5:15	then											
5:20	3G											
5:25	then											
5:30	3B											
5:35	then											
5:40	4G											
5:45	then											
5:50	4B											
5:55	then											
6:00	5G											
6:05	then											
6:10	5B											
6:15	then											
6:20	6G											
6:25	then 6B											
6:30												
6:35												
6:40												
6:45												
6:50												
6:55												
7:00												

SATURDAY  
JULY 12  
DAY 3




**NOTE:** If trial rounds are not required in events shorter than 400 meters, the event will run as a final **AT THE TIME OF THE TRIALS.**

Events will be contested girls first then boys unless otherwise designated

### **REGISTRATION FOR NATIONALS:**

National JO's registration process for the National JO's: You will need to go back on [www.coacho.com](http://www.coacho.com), within 24 to 48 hours of our July 13th event to enter your athletes in the National JO Events. It is the responsibility of athletes/coaches to register for the Nationals as registration is now done on-line.

If you have any questions please contact Region I coordinator Bill Mongovan before you leave Fitchburg State University.

### **NATIONALS INFORMATION:**

<http://www.usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Track---Field-Champi.aspx>