

2015 USATF Region 1 Junior Olympic Track & Field Championships

**Fitchburg State University Fitchburg, MA
July 9, 10, 11, & 12**

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

**THIS INFORMATION IS OF JUNE 28, 2015
IT MAY BE UPDATED ON A WEEKLY BASIS
SCHEDULE TIMES MAY CHANGE BUT NOT THE DAY OF AN EVENT**

Thursday, July 9, 2015 (Decathlon/Heptathlon day 1 only)
Friday, July 10, 2015
Saturday, July 11, 2015
Sunday, July 12, 2015

Age Groups: (Age is as of December 31, 2015)

Group 1 - 7 - 8 years old born 2007-2008

Group 2 - 9-10 years old born 2005-2006

Group 3 - 11-12 years old born 2003-2004

Group 4 - 13-14 years old born 2001-2002

Group 5 - 15-16 years old born 1999-2000

Group 6 - 17-18 years old born 1997-1998 and after Aug 2, 1996

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 side after Coolidge Park adjacent to Wallace Civic Center (1038 John Fitch Hwy).

FACILITY:

Please respect the facility and equipment. Remove your trash when you leave.

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.
- 2) Entry begins Thursday, June 25 and runs through Friday, July 3, at 12:00 noon
- 3) LATE ENTRIES WILL NOT BE ACCEPTED

ENTRY FEES:

Individual Events \$7 each, 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 for each number replaced.
- 8) For all running and race walking events, athletes will be assigned a hip number at 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 fieldhouse.
- 2) Implements not weighing in 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:

Results will be posted on the fieldhouse building as soon as possible after the completion of events

RESULTS WILL BE POSTED AT THE CONCLUSION OF EACH DAY ON 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 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) 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 2015 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 athlete may advance.

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 will need to look at hotels in the Worcester MA, Westford MA, or Nashua NH areas, a 30 minute drive from Fitchburg. Those coming from the north will find 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

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-NE are not responsible for lost or stolen items

STADIUM RULES:

Access to infield / Clerk of Course area: Only athletes who are competing or credentialed coaches will be allowed access to the track or Clerk of the Course area. ONE Coaches Pass per club for clubs with 4 or more athletes. Absolutely no parents allowed on the infield

Coach will be allowed to help get marks, or ask questions, but then must leave the area inside the fence. The infield is not a spectator area for coaches.

- 1) Any coach or parent in the infield or clerking area may result in the disqualification of their athlete/team.
- 2) Any parent or non-2015 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
THIS WILL BE STRICTLY ENFORCED. THIS INCLUDES VIDEO RECORDING DEVICES
NO VIDEO MAY BE SHOT FROM THE INFIELD**

Tents are 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.

No dogs anywhere beyond the parking areas.

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 trash bags and trash cans will be available throughout the facility for garbage disposal. Do NOT leave piles next to trash cans. Take trash with you.

Event t-shirts will be sold on site.

Lost and Found will be located at the press box

REGION 1 SCHEDULE :

AT END OF DOCUMENT

SEE DIVISION NUMBER/AGES ON PAGE 1 ABOVE

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:

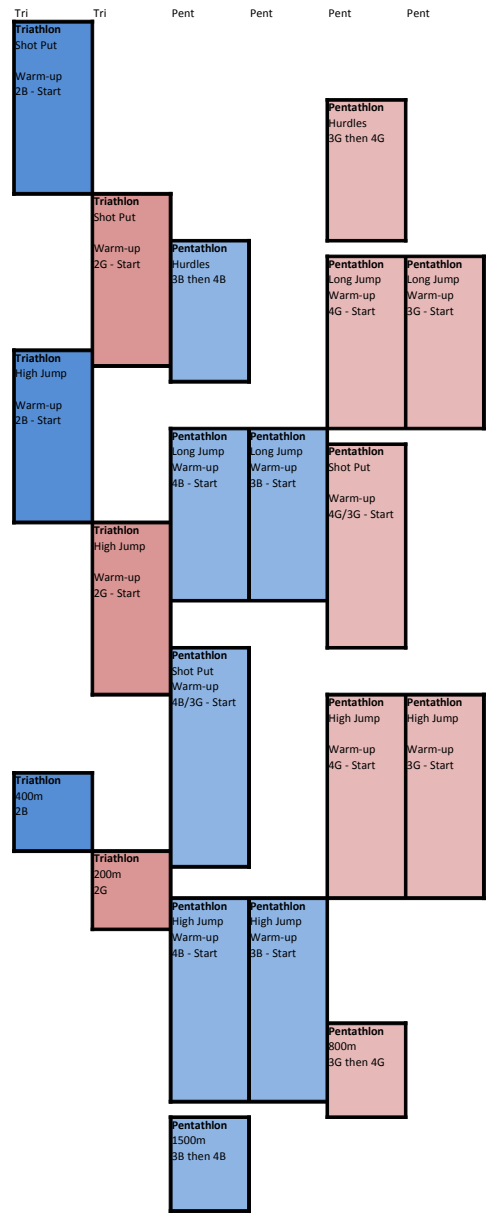
National JO's registration process for the National JO's: You will need to go back on www.coacho.com, within 48 hours of the end of the meet (starting Tuesday July 14) to enter your athletes in the National JO Events. It is the responsibility of athletes/coaches to register for the Nationals as all registration 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/2015/2015-USATF-National-Junior-Olympic-Track---Field-C.aspx>

Friday - 7/10/15	High Jump		Long/Triple Jump		Pole Vault	Shot Put	Discus / Hammer	Javelin
Time:	Track	Pit #1	Pit #2	Pit #1	Pit #2	Circle #1	Circle #1	
9:30	Decathlon					Triathlon		
9:35	110mHH					Shot Put		
9:40	5B then 6B							
9:45				Heptathlon	Heptathlon	Warm-up		
9:50				Long Jump	Long Jump	2B - Start		
9:55	Pentathlon			Warm-up	Warm-up		Decathlon	
10:00	Hurdles						Discus	
10:05	3G then 4G			6B - Start	5B - Start		Warm-up	
10:10								Start 5B
10:15								
10:20						Triathlon		
10:25						Shot Put		
10:30								
10:35						Warm-up		
10:40	Pentathlon					2G - Start	Warm-up	
10:45	Hurdles			Pentathlon	Pentathlon			
10:50	3B then 4B			Long Jump	Long Jump			
10:55				Warm-up	Warm-up		Start 6B	
11:00				4G - Start	3G - Start			
11:05								
11:10								
11:15	Triathlon							
11:20	High Jump							
11:25								
11:30	Warm-up					Decathlon		
11:35	2B - Start					Pole Vault		
11:40								
11:45				Pentathlon	Pentathlon	Warm-up		Heptathlon
11:50				Long Jump	Long Jump			Javelin
11:55				Warm-up	Warm-up			Warm-up
12:00	4x800m Relay			4B - Start	3B - Start	5B and 6B	Pentathlon	
12:05	63 & G4						Shot Put	
12:10	then						Warm-up	
12:15	63 & B4						4G/3G - Start	
12:20	then							
12:25	65 & G6							
12:30	then							
12:35	65 & B6							
12:40	Steeplechase							
12:45	2000m							
12:50	5G & G6							
12:55								
1:00							Pentathlon	
1:05	Steeplechase	Pentathlon	Pentathlon				Shot Put	
1:10	2000m	High Jump	High Jump				Warm-up	
1:15	5B & 6B						4B/3G - Start	
1:20		Warm-up	Warm-up					
1:25		4G - Start	3G - Start					
1:30	Triathlon							
1:35	400m							
1:40	2B							Decathlon
1:45								Javelin
1:50								Warm-up
1:55	Triathlon							
2:00	200m	Pentathlon	Pentathlon					
2:05	2G	High Jump	High Jump					
2:10		Warm-up	Warm-up					
2:15		4B - Start	3B - Start					
2:20	Heptathlon							
2:25	300m							
2:30	5G then 6G							
2:35								
2:40								
2:45								
2:50	Pentathlon							
2:55	800m							
3:00	3G then 4G							
3:05								
3:10								
3:15								
3:20	Pentathlon							
3:25	1500m							
3:30	3B then 4B							
3:35								
3:40								
3:45								
3:50	Decathlon							
3:55	1500m							
4:00	5B then 6B							
4:05								
4:10								
4:15	8000m							
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								
6:35								
6:40								
6:45								
6:50								
6:55								
7:00								



Sunday - 7/12/15		Long/Triple Jump		Shot Put	Discus	Javelin
Time:	Track	Pit #1	Pit #2	Circle #1	Circle #2	
9 : 30	4x100m Relay	Triple Jump	Triple Jump	Shot Put	Discus	Javelin
9 : 35	1G then	4B	4G	5/6B	3G	5/6G
9 : 40	1B then					
9 : 45	2G then					
9 : 50	2B then					
9 : 55	3G then					
10 : 00	3B then					
10 : 05	4G then 4B					
10 : 10	5G then 5B					
10 : 15	6G then 6B					
10 : 20	200m Trials					
10 : 25	1G					
10 : 30	then					
10 : 35	1B					
10 : 40	then					
10 : 45	2G	Triple Jump	Triple Jump	Shot Put	Discus	Javelin
10 : 50	then	5B	5G	2B	4G	4B
10 : 55	2B					
11 : 00	then					
11 : 05	3G					
11 : 10	then					
11 : 15	3B					
11 : 20	then					
11 : 25	4G					
11 : 30	then					
11 : 35	4B					
11 : 40	then					
11 : 45	5G					
11 : 50	then					
11 : 55	5B					
12 : 00	then					
12 : 05	6G					
12 : 10	then					
12 : 15	6B					
12 : 20	800m					
12 : 25	1G then					
12 : 30	1B then					
12 : 35	2G then					
12 : 40	2B then					
12 : 45	3G then					
12 : 50	3B then					
12 : 55	4G then					
1 : 00	4B then	Triple Jump	Triple Jump	Shot Put	Discus	Javelin
1 : 05	5G then	6B	6G	3B	5G	4G
1 : 10	5B then					
1 : 15	6G then					

1 : 20	6B					
1 : 25						
1 : 30	200m Finals					
1 : 35	1G, 1B, 2G, 2B,					
1 : 40	3G, 3B, 4G, 4B,					
1 : 45	5G, 5B, 6G, 6B					
1 : 50						
1 : 55						
2 : 00	4x400m Relay					
2 : 05	1G then					
2 : 10	1B then					
2 : 15	2G then					
2 : 20	2B then					
2 : 25	3G then					
2 : 30	3B then					
2 : 35	4G then					
2 : 40	4B then					
2 : 45	5G then					
2 : 50	5B then					
2 : 55	6G then					
3 : 00	6B					
3 : 05						
3 : 10						
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						
4 : 20						
4 : 25						
4 : 30						
4 : 35						
4 : 40						
4 : 45						
4 : 50						
4 : 55						
5 : 00						
5 : 05						
5 : 10						
5 : 15						

Shot Put
4B

Discus
6G

Javelin
5/6B