



**Liberty
Sports
Group**

presents...



**USATF REGION 1
JUNIOR OLYMPICS**

Friday - Sunday

July 8th - 10th, 2011

Rensselaer Polytechnic Institute

www.USATFadir.org

www.EmpireLibertyTour.com

The Empire State Leader In Sports!

Host Hotel

*The
Desmond*

Albany, New York

The Official Hotel of the **Region I Junior Olympic Championships**, **The Desmond** has been a partner with **Liberty Sports Group** in regards to several events, including the **Empire State Liberty Tour Track & Field Championships**. They have been the choice of many patrons over the years, including many celebrities, such as **Brad Pitt** and **Angelina Jolie** when they were in Albany while shooting the hit movie **SALT**.

The **Desmond** has provided more than 250 rooms for the **Region I Junior Olympic Championships**, from Thursday, July 7th - Saturday, July 9th. They are providing a very inexpensive rate of only \$124 per night plus tax, for all **Standard Rooms**, and that includes a \$5 per person breakfast voucher (up to four per room).

To reserve your room now, call **1-800-448-3500**, and please be sure to use one of the following phrases along with the Event Reservation ID#11Q3ND.

Liberty Sports Group

Region I Junior Olympics

More Hotel Partners

Hilton Garden Inn
235 Hoosick Street
Troy, NY 12180
(518) 272-1700

Holiday Inn Express
400 Old Loudon Road
Latham, NY 12110
(518) 783-6161

Best Western Franklin Square
One 4th Street
Troy, NY 12180
(518) 274-8800

Meet Contact Information

USATF Adirondack Association Office: (518) 273-5552 Fax: (518) 273-0647
Liberty Sports Group Office: (518) 877-0927 Fax: (518) 877-0929
Region I Meet Director, Lisa Mills: 518-877-0927

Awards

- Medals will be given to the top five finishers in each event.
- Award ceremony/picture opportunity will be conducted at the south end of the track at the top of the stairs by the flag poles.

Region 1 JO Registration

- The top **six (6)** in individual events and relays are eligible to advance from Association JO's.
- Register online only at **Coacho.com** after your Association JO results are completed & posted.
- Registration Fee is \$7 per event; \$28 per relay.

National JO and Registration

- Top five (5) in individual events and relays may advance to the National JO's.
- Top two (2) finishers in each combined event division may advance to the National JO's.
- Registration online only at **Coacho.com** after Region 1 JO results are completed and posted.
- Registration Fee is \$8 per event; \$32 per relay

Relay Procedures

- A paper form listing the entire roster must be submitted directly to the Region 1 Meet Director. Forms are available at www.usatfadir.org.
- **The final team must be declared one (1) hour before the scheduled time of that relay.**
- If an athlete needs to scratch one of their individual events in order to participate in a relay, they must fill out a change form to officially scratch that event. If they have already participated in an event, including any preliminaries, they may not scratch the remaining attempts in order to be eligible for the relay team. The change form should be filled out at the Track Clerking area at the same time when the finalized relay roster form is submitted.
- Relay teams must have tops and bottoms of matching colors.

Clerking Procedure

Athletes must check in with the Track Clerk one (1) hour before the scheduled time of the event to ensure proper heat and lane assignments.

Preliminary/Finals

- If there are more than 8 athletes in the **100m** or **200m**, a preliminary round will be run. If there are 8 or less in a division, finals will be run at the scheduled finals time.
- Heats are determined by seed times from the Association meet.
If there are 2 heats = First 3 finishers in each heat + the next 2 best times advance
If there are 3 heats = First 2 finishers in each heat + the next 2 best times advance
If there are 4 heats = First 1 finisher in each heat + the next 4 best times advance.
- First round lane assignments are random. Final round preferred lane assignments are **4,5,6,3,2,7,8,1** allotted by fastest to slowest qualifier method. **(Rule 303)**

Implement Weigh In/Pick Up

- There will be at least one division appropriate "meet" implement available for each event.
- Please have your implement inspected one hour before your event is scheduled.
- Upon inspection, implements will be impounded until the event is over.
- Implements may be signed out at the venue after the event finals.

Starting Heights

High Jump

Bantam - .75m (2' 5 1/2")
Midget - .90m (2' 11 1/4")
Youth - 1.15m (3' 9 1/4")
Intermediate - 1.15m (3' 9 1/4")
Young - 1.4m (4' 7")

Pole Vault

Youth - 1.5m (4' 11")
Intermediate - 2.00m (6' 6 3/4")
Young - 2.00m (6' 6 3/4")

Electronic Devices

For safety reasons, fair competition, and to ensure that athletes hear all calls and directions, no electronic devices will be allowed in the competition areas, both track and field. This includes phones, music devices and visual recording devices.

Protest/Appeals

Protests must be presented to the Event Official immediately in the case of throws or horizontal jumps or within **30 minutes** of the alleged foul or before the final round. (Rule 146). If there is no resolution, a written protest form must be submitted to the Referee. If there is still no resolution, a written request to appeal must be submitted with a \$50 non refundable fee to the Jury of Appeals.

Region 1 Junior Olympic Championships

Rensselaer Polytechnic Institute

Friday, July 8, 2011

Packet Pick-up/Registration/Implement Weigh-in: 11:00am

Triathlon

1. Shot Put (1:00pm start)
2. High Jump
3. 200m (Girls) 400m (Boys)

Heptathlon - Day 1

1. 100m HH (1:00pm start)
2. High Jump
3. Shot Put
4. 200m Dash

Pentathlon

1. 80m HH (Midgets) (1:50pm start)
1. 100m HH (Youth) (3:00pm start)
2. High Jump
3. Shot Put
4. Long Jump
5. 800m (Girls) 1500m (Boys)

Decathlon - Day 1

1. 100m Dash (1:00pm start)
2. Long Jump
3. Shot Put
4. High Jump
5. 400m Dash

Schedule of Events

	Track	SP Pit 1	SP Pit 2	Implement Weigh In
12:00				Decathletes Triathletes
1:00	100m DEC - IB/YM	TRI BB	TRI BG	
1:00	100m HH (33") HEP - IG/YW			Youth Pentathletes
1:30				
1:50	100m HH (33"/30") PENT - YB/YG			
2:00				Midget Pentathletes
3:00	80m HH (30") PENT - MG/MB			

- Please weigh in all implements before your combined event begins. Do not attempt to do weigh ins between each single event.
- Your Combined event Escort/Official will check you in to each of the single events. If you need to excuse yourself for any reason, please let your Escort know where you are.
- Intermediate and Young Divisions may be run together.
- **Starting Heights do not apply to Combined Events.**

The
Desmond
Albany, New York

www.DesmondHotelsAlbany.com

Region 1 Junior Olympic Championships

Rensselaer Polytechnic Institute

Saturday, July 9, 2011

Registration/Packet Pickup/Implement Weigh-In: 7:30am

Decathlon - Day 2

1. 110m HH
2. Discus
3. Pole Vault
4. Javelin
5. 1500m Run

Heptathlon - Day 2

1. Long Jump
2. Javelin
3. 800m Run

TRACK SCHEDULE

	TRACK EVENT	ROUND	DIVISION	
8:45	110m HH (39")	Final	Decathlon IB/YM	8:45
9:15	80m HH (30")	Semi	MG/MB	9:15
9:30	100m HH (30", 33")	Semi	YG/YB	9:30
10:00	4 x 800m Relay	Final	MG/MB/YG/YB	10:00
10:30	100m	Semi	SBG/SBB/BG/BB/MG/MB/YG/YB	10:30
11:10	3000m	Final	MG/MB/YG/YB	11:10
11:30	80m HH (30")	Final	MG/MB	11:30
11:45	100m HH (30", 33")	Final	YG/YB	11:45
12:00	200m	Semi	SBG/SBB/BG/BB/MG/MB/YG/YB	12:00
12:40	800m	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	12:40
1:10	100m	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	1:10
1:30	1500m RW	Final	BG/BB/MG/MB (May be combined)	1:30
2:00	4 x 100m Relay	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	
2:45	3000m RW	Final	YG/YB (May be combined)	2:45
3:00	400m	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	3:00
3:30	1500m	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	3:30
4:30	200m IH (30")	Final	YG/YB	4:30
4:45	200m	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	4:45
5:00	4 x 400m Relay	Final	SBG/SBB/BG/BB/MG/MB/YG/YB	5:00

- **Times are approximates.** Events may run early or late depending on number of entrants
- **Check in with Track Clerk at least one (1) hour before the scheduled track times.**
- Preliminaries in the 100m and 200m will be run if 9 or more are entered in that event. If semis are not necessary, finals will be run at the finals time on the schedule.
- Final relay teams must be declared at least one (1) hour before scheduled time of event. If an athlete on the roster needs to scratch an individual event, change forms should be filled out at this time at the clerking area.



Purchase your choice of **Region I Junior Olympic Sportswear** in advance online by going to LibertySportsGear.com and click on **Region I JO's**.

Region 1 Junior Olympic Championships

Rensselaer Polytechnic Institute

Saturday, July 9, 2011

Registration/Packet Pickup/Implement Weigh-In: 7:30am

Abbreviation Key & Age Division Birth Years

SBG - Sub Bantam Girls (03-04)	MG - Midget Girls (99-00)
SBB - Sub Bantam Boys (03-04)	MB - Midget Boys (99-00)
BG - Bantam Girls (01-02)	YG - Youth Girl (97-98)
BB - Bantam Boys(01-02)	YB - Youth Boy (97-98)

Sub Bantams will compete and advance in their own separate age division.

FIELD EVENT SCHEDULE

	HJ 1	HJ 2	PV	LJ 1	LJ 2	SP 1	SP2	Discus	Javelin	
9:00	BB	BG		HEP IG/YW	SBG	SBB	SBG		YB	9:00
9:30				Triple YB						9:30
10:00										10:00
10:30				Triple YG	SBB			YB	YG	10:30
11:00						BB	BG			11:00
11:30	MB	MG		BB					SBG	11:30
12:00					BG			YG		12:00
12:30									SBB	12:30
1:00			YG	MB		YB	YG	MG		1:00
1:30					MG					1:30
2:00	YB	YG						MB	BG	2:00
2:30				YB						
3:00			YB		YG	MB	MG		BB	3:00
3:30										3:30
4:00									MG	4:00
5:00									MB	5:00

- **Times are approximates.** Events may run early or late depending on the number of entrants.
- **Check in with your Field Event Official at least one (1) hour before the scheduled time.**
- There are three (3) attempts in the first round. Nine (9) athletes advance to the final round of three attempts. (This does not apply to HJ or PV).
- In HJ and PV there will be a ten (10) minute time limit if an athlete has to leave for another event before the bar is raised. **(Rule 302.5.p)**
- HJ increases by 5 cm
- PV increases by 15 cm
- Javelins are excluded from the 'Common Property' rule.
- Decathletes and Heptathletes must submit their implements for inspection prior to their first event.
- Horizontal jumps and throws flights will be arranged by seed marks, best in last flight. **(Rule 302.5.a)**.

Region 1 Junior Olympic Championships

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Sunday, July 10, 2011

Registration/Packet Pickup/Implement Weigh-In: 7:30am

Abbreviation Key & Age Division Birth Years

IG - Intermediate Girls (95-96) IB - Intermediate Boys (95-96)

YW - Young Women (93-94) YM - Young Men (93-94)

- Athletes born in 1992 but who are 18 through the final day of competition (July 31) are still eligible to compete in the Young Division.

TRACK SCHEDULE

TIME	TRACK EVENTS	ROUND	DIVISION	TIME
9:30	100m HH (33")	Semi	IG/YW	9:30
	110m HH (39")	Semi	IB/YM	
10:00	3000m	Final	IG/IB/YW/YM	10:00
10:30	100m	Semi	IG/IB/YW/YM	10:30
	4 X 800m Relay	Final	IG/IB/YW/YM	
11:00	110m HH (39")	Final	IB/YM	11:00
	100m HH (33")	Final	IG/YW	
11:15	200m	Semi	IG/IB/YW/YM	11:15
11:30	800m	Final	IG/IB/YW/YM	11:30
11:45	100m	Final	IG/IB/YW/YM	11:45
12:00	3000m RW	Final	IG/IB/YW/YM	12:00
12:30	4 X 100m Relay	Final	IG/IB/YW/YM	12:30
1:00	2000m ST (30")	Final	IG/YW	1:00
	2000m ST (36")	Final	IB/YM	
1:30	400m	Final	IG/IB/YW/YM	1:30
2:00	1500m	Final	IG/IB/YW/YM	2:00
2:30	400m IH (30")	Final	IG/YW	2:30
	400m IH (36")	Final	IB/YM	
2:45	200m	Final	IG/IB/YW/YM	2:45
3:00	4 X 400m Relay	Final	IG/IB/YW/YM	3:00

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- Check in with Track Clerk at least one (1) hour before scheduled track times.
- Preliminaries in the 100m and 200m will be run if 9 or more are entered in that event. If semis are not necessary, finals will be run at the finals time on the schedule.
- Final relay teams must be declared at least one (1) hour before scheduled time of event. If an athlete on the roster needs to scratch an individual event, change forms should be filled out and submitted at this time.
- Intermediate and Young divisions may be run together in some events.

Region 1 Junior Olympic Championships

Rensselaer Polytechnic Institute

Sunday, July 10, 2011

Registration/Packet Pickup/Implement Weigh-In: 7:30am



FIELD EVENT SCHEDULE

	HJ 1	PV	LJ 1	SP 1	Discus	Hammer	Javelin	
8:30			Triple YM		IG			8:30
9:00	IB	IG		IB			YM	9:00
9:30			Triple YW		YW			9:30
10:00				IG				10:00
10:30	YM	YW	Triple IB		YM		IB	10:30
11:00				YW				11:00
11:30		IB	Triple IG		IB		IG	11:30
12:00	IG		YM	YM				12:00
12:30						YW		12:30
1:00		YM	IB			IG	YW	1:00
1:30	YW					IB		1:30
2:00			IG					2:00
2:30						YM		2:30
3:00			YW					3:00

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Pre-Order Your Region I Junior Olympic Sportswear Apparel @

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