



2010 USATF REGION VI  
**JUNIOR OLYMPICS**  
Track & Field Championships  
University of Louisiana - Monroe, Monroe, LA  
Host: Peak Performance Track Club  
July 8-11, 2010

- EVENT:** 2010 USATF Region VI Junior Olympic Track & Field Championships
- WHEN:** July 8-11, 2010
- WHERE:** University of Louisiana - Monroe
- HOST:** Peak Performance Track Club
- TIMING:** ULM/PPTC Timing
- MEET ENTRY:** Each team will follow team entry information in this document. Youth Chairs Will forward Hytek results to the Region Meet Director after their association meets.
- ADMISSION:** **\$7.00** per day, or **\$10.00** for multi day pass
- TIME:** Thursday, July 8, 2010 (Multi-events) • 11:00 a.m. until completion  
Friday, July 9, 2010 (Multi-events) • 8:00 a.m. until completion  
Sat & Sun July 10-11 Track Meet 8:00 a.m. until completion of schedule
- Meet Director:** Byron Turner
- ELIGIBILITY:** Each athlete must have a 2010 USATF Card and be ready to provide proof of birth. All relay teams must be a member of a USATF Club in the Association in which it qualified.
- ENTRY FEE:** **\$6.00** per individual event  
**\$20.00** per Relay  
**\$12.00** Triathlon  
**\$14.00** Pentathlon  
**\$16.00** Heptathlon/Decathlon
- All fees should be included with entries. **NO PERSONAL CHECKS ACCEPTED!**  
Payment should be in the form of a Cashier's Check or Money Order, made payable to:  
**USATF Southern Association**
- ENTRIES:** Entries will be due by **Sunday, July 4, 2010**, with entry fee in order to be processed. Be sure all information is filled out correctly. A **\$50.00** late fee for any entries (each entry) received after July 4, 2010 but by July 6, 2010 (no exceptions!!) No entries accepted after July 6, 2010. Please check entry information sheet for processing entries.
- Packet Pick-Up:** **Friday July 9, 2010 at 6:30pm at ULM Track**  
**Meeting of Coaches -7:30 p.m. SHARP!!!!**
- DIVISIONS:** There are six male and female divisions. Each athlete must participate in his/her own division in the meet. The year of birth will determine age division in which the athlete will compete.

Division	Year of Birth
• Sub-Bantams	2002 and up
• Bantams	2000 - 2001
• Midgets	1998 - 1999
• Youth	1996 - 1997
• Intermediate	1994 - 1995
• Young Men/Women*	1992 - 1993

**\*Athletes still 18 years of age on August 1, 2010 will be eligible to compete in YW/YM division\***

USATF REGION VI  
**JUNIOR OLYMPICS**  
 University of Louisiana - Monroe  
 Monroe, LA  
 July 8-11, 2010

**CLUB FINANCIAL FORM**

Club Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

ENTRY FEES	NUMBER	FEE	TOTAL
Total Individual Sub-Bantam Events	_____	\$ 6.00	_____
Total Individual Bantam Events	_____	\$ 6.00	_____
Total Relays Bantam Events	_____	\$ 20.00	_____
Total Bantam Multi-Events	_____	\$ 12.00	_____
Total Individual Midget Events	_____	\$ 6.00	_____
Total Relays Midget Events	_____	\$ 20.00	_____
Total Midget Multi-Events	_____	\$ 14.00	_____
Total Individual Youth Events	_____	\$ 6.00	_____
Total Relays Youth Events	_____	\$ 20.00	_____
Total Youth Multi-Events	_____	\$ 14.00	_____
Total Individual Intermediate Events	_____	\$ 6.00	_____
Total Relays Intermediate Events	_____	\$ 20.00	_____
Total Intermediate Multi-Events	_____	\$ 16.00	_____
Total Individual Young M/W Events	_____	\$ 6.00	_____
Total Relays Young M/W Events	_____	\$ 20.00	_____
Total Young M/W Multi-Events	_____	\$ 16.00	_____

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

Make certified check or money order payable to: [USATF Southern Association](#) c/o Earlett Buckley, Post Office Box 4695, Baton Rouge, LA 70821. **No Personal Checks Accepted**

USATF REGION VI  
**JUNIOR OLYMPICS**  
University of Louisiana - Monroe  
Monroe, LA  
July 8-11, 2010

**SPECIAL RULES OF COMPETITION FOR REGION VI USA TRACK AND FIELD  
JUNIOR OLYMPIC CHAMPIONSHIPS MEET**

1. Competitors must compete in the proper division. An athlete determined to have competed in the wrong division shall be disqualified.
2. Sub-Bantams, Bantams, and Midgets may compete in three (3) events including Relays. All other divisions may compete in four (4) events including Relays. **NOTE:** Sub-Bantams do not advance to the Nationals from the Regional.
3. Proof of date of birth shall be required. The form of proof shall be a copy of Birth Certificate, Certified Baptism Record, Driver's License, United States Government identification, or a validated USATF Membership card or entry form.
4. To reduce sheets of paperwork, it is recommended that you copy "proof of birth" on the back of each entry form.
5. **Time schedules may change after entries are received. These changes will be sent to you via email and also provide at Packet Pick-UP. Please include email address, fax number, or cell phone in your entries so we can contact you if necessary.**
6. Be sure to include the names of all your athletes in each division on your relay form. No additions will be added at the Regional Meet.

**CLUB ENTRY INFORMATION**

1. Each club **MUST** send their original individual entry forms for each athlete who has qualified for the USTAF Region VI Junior Olympic Track & Field Championships. Your Youth or Membership Chair should certify the birth on the entry forms at the Association Level. These forms will be returned for you to check and be processed for the Junior Olympics Track & Field Championships at the completion of the Region VI meet. **Be sure you make a copy for your club before sending forms.** Your Youth Chair will bring all Relay Forms to the Region VI Meet Director. Be sure you have included all eligible athletes on your relay forms prior to competition at your Association meet. **ALL athletes, even those running only a relay should fill out an individual entry form.** Please list only the events that your athletes qualified for in the Regional meet. You don't have to list times and/or distances. (They will be the disks of meet results as well as a "hardcopy" from Association Youth Chairs).
2. The Financial Forms included should be completed and returned with your check to the meet Director before your entries will be processed. Be sure you have included fees for individuals as well as relays. **Entry Fees:** \$6.00 per individual event, \$20.00 per relay, \$10.00 Triathlon, \$14.00 Pentathlon, and \$16.00 Heptathlon/Decathlon.
3. **Athletes finishing 4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> may compete at the National Meet provided they meet QUALIFYING STANDARDS, and IF athletes finishing 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> do not plan to attend the National meet. It is imperative that coaches inform the Meet Director or Regional Coordinator in writing as soon as possible after the completion of events so other athletes may be processed if they qualify. Standards will be provided at packet pickup.**

# USATF Region VI Jr. Olympic Track & Field Championships

## Meet Schedule

Day 1 & 2

July 8-9

### Day 1 & 2

#### Multi Events (Day 1)

11:00 a.m.	Decathlon 100 Meter Dash Long Jump Shot Put High Jump 400 Meter Dash	IB, YM
11:30 a.m.	Heptathlon 100 Meter Hurdles High Jump Shot Put 200 Meter Dash	IG, YW

#### Multi Events (DAY 2)

8:00 a.m.	Decathlon 110 Meter Hurdles Discus Throw Pole Vault Javelin Throw 1500 Meter Run	IB, YM
9:00 a.m.	Pentathlon 80 Meter Hurdles/100 Meter Hurdles High Jump Shot Put Long Jump 800 Meter / 1500 Meter	MG, MB, YG, YB
9:30 a.m.	Heptathlon Long Jump Javelin Throw 800 Meter Run	IG, YW
11:00 a.m.	Triathlon Shot Put High Jump 400M(BB)/200M (BG)	BG, BB
5:00 p.m	Hammer Throw	IG, IB, YW, YM
6:30 p.m..	2000 Steeplechase	IG, IB, YW, YM

## Day 3

### Running Event Trials/Finals

7:30 a.m.	5000 Meter Run (Finals)	YM
	3000 Meter Run (Finals)	MG, MB, YG, YB, IG, IB, YW
9:00 a.m.	400 Meter Hurdles	IB, YM (36")
	400 Meter Hurdles	IG, YW (30")
	200 Meter Hurdles	YG, YB (30")
	4x100 Meter Relay	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
	3000 Meter Race Walk (Finals)	YG, IG, YW
	400 Meter Dash	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
	4x800 Meter Relay (Finals)	MG, MB, YG, YB, IG, IB, YW, YM
	100 Meter Dash	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
	110 Meter Hurdles	IB, YM (39")
	100 Meter Hurdles	YB, IG, YW (33")
	100 Meter Hurdles	YG (30")
	80 Meter Hurdles	MG, MB (30")
	200 Meter Dash	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

\*\* Any prelim where 8 athletes or less per age group clerk in for their respective event, will be run as a Final.

### Field Event Finals

#### **8:00 a.m.**

Long Jump	YM
Shot Put	SG/SB
Discus	MG
Long Jump	YW
High Jump	MB
Pole Vault	YG/IG/YW

#### **9:30 a.m.**

Long Jump	IG
Shot Put	BG/BB
Discus	MB
Long Jump	IB
High Jump	MG

#### **11:00 a.m.**

Long Jump	YG
Shot Put	MG
Discus	IG
Long Jump	YB
High Jump	BB
Javelin	BG

#### **11:30 a.m.**

Pole Vault	YB/IB/YM
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#### **12:30 p.m.**

Long Jump	MG
Shot Put	YM
Discus	IB
Long Jump	MB
High Jump	BG
Javelin	BB

#### **2:00 p.m.**

Long Jump	BG
Shot Put	MB
Discus	YW
Long Jump	BB
High Jump	YG
Javelin	MG

#### **3:30 p.m.**

Long Jump	SG
Shot Put	YG
Discus	YB
Long Jump	SB
High Jump	YB
Javelin	MB

## Day 4

### Running Event Finals

8:00 a.m.

3000 Meter Race Walk	YB, IB, YM
400 Meter Hurdles	IB, YM (36")
400 Meter Hurdles	IG, YW (30")
200 Meter Hurdles	YG, YB (30")
1500 Meter Run	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
400 Meter Dash	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
110 Meter Hurdles	IB, YM (39")
100 Meter Hurdles	YB, IG, YW (33")
100 Meter Hurdles	YG (30")
80 Meter Hurdles	MG, MB (30")
100 Meter Dash	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW
800 Meter Run	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB,; YW, YM
200 Meter Dash	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
1500 Meter Race Walk	BG, BB, MG, MB
4x400 Meter Relay	SG, SB, BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

### Field Event Finals

**8:00 a.m.**

High Jump	IG
Javelin	YB
Shot Put	YW
Triple Jump	IB
Discus	YG

**9:30 a.m.**

High Jump	YW
Javelin	IG
Shot Put	IB
Triple Jump	YG
Discus	YM

**11:00 a.m.**

High Jump	IB
Javelin	YG
Shot Put	YB
Triple Jump	IG

**12:30 p.m.**

Javelin	IB
Triple Jump	YB
Shot Put	IG
High Jump	YM

**1:30 p.m.**

Javelin	YM
Triple Jump	YW

**2:30 p.m.**

Javelin	YW
Triple Jump	YM

# USATF Region 6 Jr. Olympic Track & Field Championships

## Competition Information

### Warm-up Area

A warm-up area will be available for athletes to use behind the track on the Football Practice Field. **Warm-ups will not be permitted on the Track or Infield.**

### Implements

Implement Weigh In will be open each day for Implement Certification. Implements will be marked for verification daily. Meet Management will have implements available for use.

### Spikes

The maximum spike length allowed for running events is  $\frac{1}{4}$  " needle or pyramid (7.0 mm.). Javelin Shoes and Spikes permitted. Christmas tree spikes will not be permitted.

### Starting Heights

The Starting heights for the high jump and the pole vault will be per Rule 302.5(0). Incremental increases will be 5cm in the high jump and 15cm in the pole vault.

### Event Check-IN

There will be separate check-in areas for running and field events. Athletes must check in at the designated areas 30 minutes prior to the events' scheduled starting time. All athletes will be required to remain in the designated warm-up areas after check-in.

### Protests

Protests relating to matters that developed during the conduct of the competition must be made to the referee at once and not later than 30 minutes after a result has been announced. This time period will be strictly enforced. There will be a cash submission fee of \$30.00 required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the 2010 USATF Rules of Competition may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted.

### Medical Services

Medical services will be on-site at all times for participants. The medical facility will be limited to medical treatment of injuries and medical emergencies ONLY.

## Hotel Rates

For

Room Block For: \*\*\* USATF Region VI Jo Track & Field Championship  
 Dates of Meet: Thur.–Sun. July 8 – 11, 2010 / Hotel Nights: July 7-10, 2010

Hotels	Room Type & Rates	Number of Rooms Available	Comments
<b><i>Best Western Airport In</i></b> 1475 Garrett Road Monroe, LA 71201 Contact: Judy Touchet Phone: 318-345-4000	Doubles – \$60.00 Kings – \$60.00 Suites - \$70.00	Upon request	<b>Release date prior to event:</b> 2 Weeks Full Hot Breakfast Microwave/Refrigerator 3 Miles to Track
<b><i>Comfort Suites</i></b> 1401 Martin Luther King Drive Monroe, LA71202 Contact: Janie Russ Phone: 318-410-1005	Doubles – \$82.00 Kings – \$82.00	20 10	<b>Release date prior to event:</b> 3 Weeks Full Breakfast Microwave/Refrigerator 2 Miles to Track
<b><i>Hampton Inn</i></b> 1407 Martin Luther King Drive Monroe, LA71202 Contact: Janie Russ Phone: 318-361-9944	Doubles – \$78.00 Kings – \$78.00	20 10	<b>Release date prior to event:</b> 3 Weeks Full Breakfast Microwave/Refrigerator 2 Miles to Track
<b><i>Holiday Inn Express</i></b> 603 Constitution Drive West Monroe, LA 71292 Contact: Dana Kent Phone: 318-807-6000	Doubles – \$85.00 Kings – \$85.0 Suites - \$105.00	20 20 10	<b>Release date prior to event:</b> 2 Weeks Free hot deluxe breakfast with every night stay. Microwaves/Refrigerator 5 Miles to Track
<b><i>Holiday Inn &amp; Suites</i></b> 1051 By-Pass 165 at I-20 Monroe, LA71203 Contact: Chelsea Mayhall Phone : 318-387-5100	Doubles – \$79.00 Kings – \$79.00 Suites - \$149.00	20 20	<b>Release date prior to event:</b> 3 Weeks Must have signed contract with hotel before rooms will be held. 2 Miles to Track
<b><i>Jameson Inn</i></b> 213 Constitution Drive West Monroe, Louisiana 71292 Contact: Lenetta Brown Phone: 318-361-0750	Doubles – \$72.00 Kings – \$72.00	50	<b>Release date prior to event:</b> June 23, 2010 Free hot deluxe breakfast with every night stay. 5 Miles to Track

<b>Hotels</b>	<b>Room Type &amp; Rates</b>	<b>Number of Rooms Available</b>	<b>Comments</b>
<b><i>LaQuinta Inn</i></b> 1035 Highway 1656 By Pass Monroe, LA 71203 Contact: Sean Stevens Phone: 318-322-3900	Doubles – \$59.00	40	<b>Release date prior to event:</b> June 23, 2010 Continental Breakfast 2 Miles to Track
<b><i>Quality Inn &amp; Suites</i></b> 503 Constitution Drive West Monroe, LA 71292 Contact: Wendy McMurray Phone: 318-387-2711	Doubles – \$72.00 Kings – \$68.00 Suites - \$89.00	25 25 4	<b>Release date prior to event:</b> June 22, 2010 Continental Breakfast Hotel contract must be signed 5 Miles to Track
<b><i>Shoney's Inn</i></b> 310 Thomas Road West Monroe, LA 71291 Contact: Ashok Patel/Kay Phone: 318-325-5780	Doubles – \$50.00 Queens – \$52.00	25	<b>Release date prior to event:</b> 3 Weeks 5 Miles to Track
<b><i>The Atrium</i></b> 2001 Louisville Avenue Monroe, Louisiana 71201 Contact: Michelle Guillory Phone: 318-325-0641	Doubles – \$69.00 Kings – \$69.00 Suites - \$129.00	40 20 10	<b>Release date prior to event:</b> June 23, 2010 Banquet space also available. Award winning Brandy House restaurant on site. 3 Miles to Track
<b><i>Wingate Hotel &amp; Suites</i></b> 228 West Blanchard West Monroe, LA 71291 Contact: Tia Moss Phone: 318-387-7395	Doubles – \$80.00 Kings – \$80.00 Suites - \$80.00	10 10 10	<b>Release date prior to event:</b> 2 Weeks Free Breakfast-Hot & Cold 5 Miles to Track