



USATF REGION 2 CHAMPIONSHIP
JULY 11 thru 14, 2019
SLIPPERY ROCK UNIVERSITY
SLIPPERY ROCK, PA



Meet Director: Chuck Davis – chuckdavis_4@yahoo.com
 Registration Coordinator: Cindy Long – region2@regionrep.usatf.org
 Volunteer Coordinator: Steve Meddings – stevemeddings@gmail.com

Meet Coordinator: Oronde Sharif – senegal1@pitt.edu
 Officials Coordinator: Bruce Long – bdlong3@gmail.com

ENTRY INFORMATION

All registration must be completed online thru www.athletic.net

The TOP 6 athletes in each event/age group and top 6 relay teams at their Association Championship qualify to advance to the Region 2 Championship. Combined events will be open entry.

ENTRY PROCESS: All entries must be completed online at www.athletic.net

On-Time Entry Fees June 17 thru July 6, 9:00pm	Late Entry Fees July 6 (9:01pm) thru July 8, 9:00pm
\$9.00/individual Event	\$12.00 Individual Event
\$22.00 Heptathlon/Decathlon	\$26.00 Heptathlon/Decathlon
\$17.00 Triathlon/Pentathlon	\$19 Triathlon/Pentathlon
\$36.00 Relay	\$48.00 Relay

RELAYS A minimum of 4 and a maximum of 6 athletes may be entered for the cost of the relay.

Late entries will not be allowed. Fees must be paid online by the close of registration.

**** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>**

ADMISSION: \$5.00/day (Thursday-Friday-Saturday-Sunday) or \$12.00/weekend pass

Athletes with competitor number & children under 12 free.

Coach Credentials:

In order for a coach to be eligible to receive a "Coach Credential (wristband) at this event, the following criteria must be met:

- Education Standard must be completed no later than June 15, 2019
- Coach must be listed on the USATF Coaches Registry list.

PACKET PICK-UP

Day/Time	Track	Fairfield Inn Slippery Rock
July 11 Wednesday		6:00pm-9:00pm
July 12 Thursday	7:00am-11:00am	8:00pm-8:00pm
July 13 Friday	7:00am-4:00pm	6:00pm-8:00pm
July 14 Saturday	7:00am-3:00pm	
July 15 Sunday	8:00am-10:00am	

COACHES MEETING: Clerking Tent Daily prior to start of events

ATHLETE BIB NUMBERS

Athlete bib numbers must be worn on front unless otherwise instructed. The same number will be used for ALL days of the meet.

Replacement numbers - \$10.00

IMPLEMENTS : Meet management will provide implements

Implement weigh-in will be in the garage accessible from the parking lot.

Weights & Measures Begins: Thurs – 7:30am; Friday – 7:00am; Saturday – 7:00am; Sunday – 7:00am

- Personal implements may be used but must be weighed prior to competition each day.
- The "loss of identity rule" shall apply to all implements except the javelin. All competitors must use blocks and batons provided by meet management.

Blocks & Batons: Meet Management will provide blocks and batons.

TRAINERS

Medical volunteers and/or Slippery Rock University trainers will be stationed at locations in the competition area.

PROTESTS

Protests must be filed within 30 minutes of posting of final results. There will be a \$50.00 cash fee required to file a protest. Protest must be in writing with specific rule in question stated. The fee will be refunded if protest is upheld.

AWARDS

Junior Olympic Medals for 1st thru 5th places.



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EVENT CHECK-IN

The event schedule is a rolling schedule. Athletes, parents, and coaches need to be aware of what events are taking place on the track and in the field events to ensure all athletes are properly checked into their events on time. If you are unsure, visit the field event venue for field events or check with the head clerk for track events.

- Check-in will be 45 minutes prior to the event. All athletes must listen for the announcements.
- Athletes must report "Race Ready". No bags or personal items. All electronic equipment is prohibited in the competition areas.
- Calls will be as follows:
 - **1st Call** – Athletes report, check in with the clerk in the tent and warm-up on the infield
 - **2nd Call**- Athletes should all be checked in by the clerk in the tent
 - **Final Call** – All athletes should be checked in and in the clerking tent. Heat/lane assignments and hip numbers.
- **The event will be officially closed by the clerk of course no sooner than 5 minutes after the final call. If an athlete has not reported by this time he/she will be scratched.**
- **Event Conflicts – if your athlete is in two events happening at the same time**
 - Check into **BOTH** events – check in with the head clerk for track events and the head official at the field event
 - Inform both officials of the conflict
 - Meet staff will assist the athlete to manage the conflict.
 - Remember to inform all officials involved – meet management assist if they don't know about the conflict
 - Immediately after completing a running event you must return to your field event
- **If athletes are in two events in close proximity**
 - For two track events – tell the clerk you are checking in for both events at the same time
 - For a track and a field event use the procedure for the conflict above.
- No parents or coaches will be allowed in the clerking area.
- Upon closing of a preliminary round track event by the clerk of course, those preliminaries having eight (8) or fewer contestants will be passed on to finals. In such cases only athletes properly checked into the event by the clerk of course prior to closing the semi will be allowed to compete in the final. **In this instance, the final will be conducted at the scheduled time for the preliminary round.**
- **Relay Check-in:**
 - **All four members must report together race ready, in uniform and wearing their bib number**
 - **Uniforms will be reviewed per rule 302.3.d**

STARTING HEIGHTS –HIGH JUMP & POLE VAULT

High Jump			
20 cm below 2019 Performance Standard (Rule 302.5(o))			
9-10 Girls	0.90m	9-10 Boys	0.90m
11-12 Girls	1.10m	11-12 Boys	1.10m
13-14 Girls	1.20m	13-14 Boys	1.35m
15-16 Girls	1.30m	15-16-Boys	1.50m
17-18 Women	1.35m	17-18 Men	1.60m

Pole Vault			
60 cm below 2019 Performance Standard (Rule 302.5(o))			
13-14 Girls	1.75m	13-14 Boys	2.15m
15-16 Girls	1.95m	15-16 Boys	2.90m
17-18 Girls	2.35m	17-18 Boys	3.50m

HEAT/LANE ASSIGNMENTS

Heat/Lane Assignments will be done according to USATF Rule 303.1.k

The following procedure shall be used in assigning lanes:

- The first round is random draw even if the event is a final
- Seeding of Finals
The inner 4 lanes (3-4-5-6) will be random draw on the highest ranked competitors based on the ranked list for forming heats for the round; The 2nd Draw is a random draw for lanes 2 & 7; The 3rd Draw is a random draw for lanes 1 & 8

Advancement to Finals	
Trial Heats	Advancement Formula
1	Run as timed final at scheduled prelim time
2	Top 3/heat next 2 best times
3	Top 2/heat next 2 best times
4	Heat Winner plus next best times



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SCHEDULE OF EVENTS

DAY 1 – THURSDAY JULY 11

COMBINED EVENTS:

Heptathlon - 15-16 Girls & 17-18 Girls

First Call 8:45am; Event Start 9:30am

100M Hurdles, High Jump, Shot Put, 200M Dash

Pentathlon 13-14 Girls & Boys First Call 9:00am; Event Start 9:45am

100M Hurdles; Shot Put; High Jump; Long Jump; 800M (g); 1500M (b)

Pentathlon 11-12 Girls & Boys First Call 10:15am with events beginning at 11:00am

80M Hurdles, Shot Put, High Jump; Long Jump; 800M(g);1500M(b)

Decathlon -15-16 Boys & 17-18 Boys

First Call 10:45am; Event Start 11:30am

100M Dash; Long Jump, Shot Put, High Jump; 400M Dash

DAY 2 – FRIDAY JULY 12

COMBINED EVENTS:

Decathlon: 15-16 Boys & 17-18 Boys

First call at 8:15am with events beginning 9:00am

110 M Hurdles, Discus, Pole Vault, Javelin and 1500M

Heptathlon - 15-16 Girls & 17-18 Girls: First call at 9:00am with events beginning 9:45am

Long Jump, Javelin and 800M Run

Triathlon 9-10

Girls: First call 8:15am with events beginning 9:00am

Boys: First call 9:15 with events beginning at 10:00am

Shot Put; High Jump; 200M (g); 400M (b)

DAY 2 – FRIDAY JULY 12

FIELD EVENTS:

First Call 8:15am with events beginning at 9:00am

Hammer: 15-16G; 17-18W; 15-16B; 17-18M

Javelin (after Hammer): 9-10 G/B; 8U G/B

First Call 7:45am with events beginning at 8:30am

Long Jump: 8U G/B; 11-12 G/B; 15-16 G/B; 9-10 G/B

DAY 2 – FRIDAY JULY 12

TRACK EVENTS

First Call for Track 8:45am, events begin 9:30am

1500M Race Walk Final: 9 -10 G -1B; 11 -112 G -1B

3000M Race Walk Final: 13 -114 G -1B; 15 -116 G -1B; 17 -118 W/M

2000M Steeplechase Final - 15-16G; 17-18G; 15-16B; 17-18B

4x800M Relay: 11-12-G/B; 13-14-G/B; 15-16-G/B; 17-18W/M



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SCHEDULE OF EVENTS

Track events will run Girls followed by Boys unless otherwise noted

Day 3 - Saturday July 13

First Call Track & Field 8:15am, events begin at 9am

100M Dash Semi - All Divisions
3000M Run Final - 11-12G/B; 13-14G/B; 15-16G/B; 17-18G/B
400M Hurdles Semi - 15-16B; 17-18B; 15-16G; 17-18G
200M Hurdles Semi - 13-14G/B
200M Dash Semi - All Divisions
4x100M Relay Final - All Divisions
110M Hurdles Semi - 15-16B; 17-18B
100M Hurdles Semi - 13-14G/B; 15-16G; 17-18G
80 M Hurdles Semi - 11-12G/B
400M Dash Semi - All Divisions

Field Events First Call 7:15AM, 8:00AM Start

Long Jump - 17-18 G/B; 13-14 G/B
Triple Jump 15-16G/B (after completion of LJ)
Discus - 13-14G/B; 15-16G/B; 17-18G/B
High Jump 11-12G/B; 17-18G/B; 13-14G/B

Field Events First Call 8:15AM, 9:00AM Start

Shot Put - 9:00am - 8UG/B; 9-10G/B; 11-12G/B
Pole Vault - 9:00am: 13-14G; 15-16G; 17-18G

First Call 9:15AM; 10:00AM Start

Aero Javelin - 11-12G/B
Javelin – 13-14G/B; 15-16G/B

Field Events First Call 11:45am; 12:30pm Start

Pole Vault 13-14B; 15-16B; 17-18B

Day 4 - Sunday July 14

Track Events - First Call 8:15AM, 9:00AM Start

100M Dash Final - All Divisions
400M Hurdles Final - 15-16B; 17-18B; 15-16G; 17-18G
200M Hurdles Final - 13-14G; 13-14B
1500M Run Final - All Divisions
400M Dash Final - All Divisions
110M Hurdles Final - 15-16B; 17-18B
100M Hurdles Final - 13-14G; 13-14B; 15-16G; 17-18G
80M Hurdles Final - 11-12G; 11-12B
800M Dash Final - All Divisions
200M Dash Final - All Divisions
4x400M Relay Final - All Divisions

Field Events - First Call 8:15am, 9:00AM Start

Triple Jump - 13-14G/B; 17-18G/B
High Jump - 9-10G/B; 15-16G/B
Shot Put - 15-16G/B; 17-18G/B; 13-14G/B
Discus - 11-12G/B

Field Events (after completion of Discus)

Javelin -17-18 G/B



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National Advancement: All advancement done online thru www.athletic.net

The 2019 USATF Hershey Junior Olympic Championship will be held July 22 thru July 28 at Sacramento State Hornet Stadium, Sacramento CA
Information on the meet is on the USATF website at:

<http://www.usatf.org/Events---Calendar/2019/USATF-Hershey-National-Junior-Olympic-Track---Fiel.aspx>

NATIONAL ENTRY FEES: \$10.00 Individual Event; \$40.00 Relay; \$26.00 Heptathlon/Decathlon; \$22.00 Triathlon/Decathlon

Individual Advancement - Top 5 individuals in each event/division;

Relay Teams - Top 5 teams in each division advance;

Combined Events - Top 2 advance on place; 3rd place must meet qualifying standard to advance.

COMBINED EVENTS STANDARDS

	Girls	Boys		15-16	17-18
9-10 Triathlon	989	649	Heptathlon (G)	3933	4174
11-12 Pentathlon	2488	2046	Decathlon (B)	5206	5940
13-14 Pentathlon	2738	2654			

DIRECTIONS

From Philadelphia & New Jersey Area: *To Cranberry:* PA Turnpike to Exit28; Continue on US-19

From New York: *To Cranberry:* I90 West to I79 South; Exit 78-77 on I79 to PA229 West to US 19

Directions from Cranberry to Slippery Rock

I79 North to Exit 105; Follow PA108 East to Slippery Rock; Turn Right onto Main Street; Turn Left onto Kiester Road

FACILITY INFORMATION

Track: All Weather 8 lane

Field: Concrete Discus, Shot and Hammer circles

- Long Jump, Triple Jump, Pole Vault, High Jump: All Weather Surface
- Javelin: All Weather Surface; Grass Landing
- Spikes: 1/4" pyramid only
- Stadium Capacity: 10,000
- Timing: Lynx, provided by Three Rivers

- **NO TENTS IN HOME BLEACHERS**
- No alcohol permitted in the stadium
- The stadium complex is a **"SMOKE FREE ZONE"**
- Coolers are permitted
- Please remove all garbage from your area before you leave.
- Trash bags available at the registration table.
- Concessions available on site.

Free Parking in the Lower Stadium Lots; Upper Lot reserved for Officials and Handicap

HOTEL INFORMATION

Fairfield Inn & Suites – Marriott (Host Hotel)

1000 University Park
Slippery Rock, PA 16057
724-406-0535
Double Queen/King Sofa: \$99.00 plus tax
Rate expires: June 28, 2019
Continental breakfast
Block Code: USAFT-2019

Days Inn – Butler

139 Pittsburgh Road
Butler, PA 16001
724-287-6761
Doubles/Kings - \$74.00 plus tax (includes breakfast)
Block Code: USATF-TRA
Rate expires: June 27, 2019

Pittsburgh Marriott North

100 Cranberry Woods Drive
Cranberry Township, PA 16066
724-772-3700
Double Queen - \$109.95 plus tax
(includes continental breakfast)
Block Code: USATF-TRA
Rate expires: June 28, 2019

[Book your group rate for USATF-TRA Room Block](#)

Comfort Inn Cranberry Township

924 Sheraton Drive
Mars, PA 16046
724-772-2700
Doubles/Kings - \$81.00 plus tax (includes breakfast)
Block Code: USATF-TRA
Rate expires: June 26, 2019

<https://www.choicehotels.com/reservations/groups/WH95J6>