

USATF Three Rivers Association Junior Olympic Championships
Slippery Rock University
June 22 & June 23, 2019



Meet Director: Charles Davis **Email:** chuckdavis_4@yahoo.com **Website:** www.usatf-threerivers.org

COACHES MEETING: 8:00AM @ clerking tent

ONLINE ENTRY PROCESS –REGISTRSTRATION MUST BE COMPLETED ONLINE BY THE LISTED DEADLINES

On Time Registration Deadline: 9:00 PM Monday June 17- *Note: Late fees are applied to entries paid after 9:00pm Monday June 17.*

ON TIME ENTRY FEES: Individual Entries: \$8.00/event; Relay Entries: \$32.00/relay.

Late Entry Period: 9:01 PM Monday June 17 thru 9:00PM Wednesday June 19

LATE ENTRY FEES: Individual Entries: \$10.00 per event; Relay Entries: \$40.00

Club Administrators and Unattached Athletes should register online at www.athletic.net by the above listed deadlines. No entries will be accepted past the above deadlines. Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within www.athletic.net for accuracy prior to submitting entry.

NO CHANGES OR ADDITIONS TO ENTRIES OR EVENTS WILL BE ALLOWED ON MEET DAY

AGE DIVISION	MAXIMUM EVENTS (includes relay)
8 & under (born 2011 +)	3 events
9 - 10 (born 2009-2010)	3 events
11 - 12 (born 2007-2008)	3 events
13 - 14 (born 2005-2006)	4 events
15 - 16 (born 2003-2004)	4 events
17 - 18 (born 2001-2002)	4 events
* Athletes born in 2000 are also eligible if they do not turn 19 on or before 7/28/2019	

Valid 2019 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received a copy of the athlete's Proof of Birth. **Email a scanned copy or a cell pic to threeriversusatf@gmail.com by 5:00PM Monday June 17.**

Individuals: Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. All athletes must be 2018 members of USATF in good standing.

Relay Teams: Only registered 2019 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with that club as part of their USATF membership. Visit www.usatf.org/membership. Relay team members must wear a shirt of the same color and shorts of the same color.

WAIVER: All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed electronically. All forms must be submitted at the first round of the Junior Olympic series.

GATE ADMISSION FEES: \$4.00/day; \$6.00/2 days.

Athletes with bib # and Children 5 and under admitted free. Coaches listed on the USATF Coaches Registry admitted free.

All competition areas are subject to admission fees - *Includes field event areas outside of the gated stadium.* Spectators for the throwing events must enter the area thru the throws gate entry. All spectators must have a wristband.

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, 3019
- Coach must be listed on the USATF Coaches Registry list and the club online profile.

COMPETITION BIB NUMBERS: Packet Pick-up opens 7:00AM both days

All competitors must wear their officially assigned Junior Olympic bib numbers during both days of competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for **\$10.00 CASH**. Self-made replacement bibs are not permitted.

EVENT RESULTS: During competition, event results will be posted online at www.usatf-threerivers.org/liveresults.



Updated: Monday, June 17, 2019

PROTESTS: There will be a **\$50.00 CASH** fee for all protests. Protests must be submitted in writing and citing the appropriate rule to the Protest Referee at once and not later than 30 minutes after a result has been posted and/or announced. The protest fee will be refunded if the protest is upheld. Protest will be available at the admission table.

AWARDS: USATF Junior Olympic medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

ADVANCEMENTS: The top 6 individuals and relay teams in each event of each age division will advance to the USATF Region 2 Championships to be held on July 11 thru 14 at Slippery Rock University, Slippery Rock PA. Advancements must be completed by declaring at www.athletic.net by 9:00 PM Saturday July 6. Late Entry Period July 6 (9:01pm) thru July 8 - 9:00pm.

NATIONAL JUNIOR OLYMPICS will be held from Monday, July 22nd to Sunday, July 28th, in Sacramento, CA. The top 5 athletes at the Region 2 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. For combined events, 3rd place must meet the qualifying standard in order to advance. Information is available at: <http://www.usatf.org/Events---Calendar/2019/USATF-Hershey-National-Junior-Olympic-Track---Fiel.aspx>

DIRECTIONS:

From I-79, take Exit 105 (Slippery Rock). Turn left at the stop sign at the end of the exit ramp and follow State Route 108 north into Slippery Rock. At the traffic light, turn right onto Main Street. Follow Main Street to the second traffic light (Keister Road). Turn left onto Keister Road and proceed to the flashing light, where you will see a main entrance to campus.

Turn left at the flashing light and go onto the SRU campus. At the dead end, turn right. Proceed past the East Lake Parking Lot to Stadium Drive. Turn right onto Stadium Drive. Follow stadium drive by Jack Critchfield Park to the stop sign and make a left turn. The William Lennox Track will be to your right at the top of the hill (inside Mihalik-Thompson Stadium). Parking is available in the lots on your right.

NOTE: All spectators must park in the bottom lots. Parking on top of the hill is reserved for Handicap and Meet Staff.

Instructions to get started on athletic.net

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free statistic tracking, easy meet registrations, free meet managers, and free tools to simplify common coaching tasks.

1. Sign up for a free coach account (if you do not have one)

- Go to: www.athletic.net
- Click on '[Log In](#)' in the upper right-hand corner, and then click 'Sign Up' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- [Log In](#) to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "Add a Meet" in your calendar box
- In the search bar, enter USATF Three Rivers Association Junior Olympic Track & Field Championship
- Click on the meet to expand it, and click the button to add it to your calendar
- Repeat this process for the rest of your season calendar.
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Open the side menu by clicking on your name.
- Click on your team and then click "Edit Athletes" from the list of links for your team.
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option

4. Register athletes for the USATF Three Rivers Association Junior Olympic Track & Field Championship

- Locate USATF Three Rivers Association Junior Olympic Track & Field Championship on your team's main Track & Field page and click on the meet name.
- Click "Register Athletes"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "Add an Athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

EVENT CHECK-IN

The times listed above are to be used as a guideline. Events won't be called before that time but could be called later. 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 should 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**
 - **The ATHLETE must check into BOTH events – check in with the head clerk for track events and 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 can't 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**

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	First 3 Finishers/heat + next 2 best times
3	First 2 Finishers/heat + next 2 best times
4	First Finisher each heat + next 4 best times

Updated: Monday, June 17, 2019

Saturday June 22

TRACK EVENTS				FIELD EVENTS								
FIRST CALL "NOT BEFORE"	EVENT	ROUND	DIVISION	FIRST CALL "NOT BEFORE"	Shot Put	Discus	Javelin	Hammer	Pole Vault	High Jump	Triple Jump	Long Jump
8:30am	80-100-110 Hurdles	Trials	All Divisions	8:30am	15-16G 17-18G					9-10B	13-14G 13-14B	
9:00am				9:00am			13-14B		All Girls			
9:30am	3000M	Final	All Divisions	9:30am	15-16B 17-18B	15-16G				9-10G		
10:00am	100M Trials	Trials	All Divisions	10:00am			13-14G				15-16G 15-16B	
10:30am				10:30am		17-18G			All Boys	11-12B		
11:00am	800M Run	Final	All Divisions	11:00am	13-14G		15-16B				17-18G 17-18B	
11:30am				11:30am		17-18B				11-12G		
12:00 Noon	200M Run Trials	Trials	All Divisions	12:00 Noon			15-16G					8UG 8UB
12:00 Noon				12:00 Noon								
12:30pm				12:30pm	13-14B	15-16B	17-18G					
1:00pm	1500M RW	Final	9-10 & 11-12	1:00pm								
1:00pm	3000M RW	Final	13-14 thru 17-18	1:00pm				ALL				9-10G/B
1:30pm				1:30pm			17-18B					
2:00pm	4x400M Relay	Final	All Divisions									

Implement Weigh In: All implements must be weighed prior to competition. Weights & Measures is located in the garage next to the concession stand and is accessible from the parking lot.

Monday, June 17, 2019

SUNDAY JUNE 23

TRACK EVENTS				FIELD EVENTS						
"NOT BEFORE" FIRST CALL	EVENT	ROUND	DIVISION	"NOT BEFORE" FIRST CALL	SHOT	DISCUS	JAVELIN	HIGH JUMP	GIRLS LONG JUMP	BOYS LONG JUMP
8:00am	110M Hurdles	Final	15-16B; 17/18B; OM	8:00am	OM Hammer			OM HJ		
8:00am	100M Hurdles	Final	13/14B; 15-16G; 17/18G; OM	8:00am						
8:00am	80M Hurdles	Final	11-12G/B; OM	8:00am						
8:30am	3000M/5000M RW	Final	Open & Masters ONLY	8:30am	9-10G	11-12B			OM LJ	OM TJ
8:30am	3000M/5000M Run	Final	Open & Masters ONLY	8:30am			OM Javelin			
9:00am	4x100M Relay	Final	All Divisions; OM	8:30am	9-10B	OM PV	8UB	13-14G	17-18G	11-12B
9:30am				9:30am	11-12B	11-12G				
9:45am				9:45am			8UG			
10:00am	1500M Run	Final	All Divisions; OM	10:00am				15-16B 17-18B	11-12G	13-14B
10:30am	100M Dash	Final	All Divisions; OM	10:30am	11-12G	13-14G	9-10G			
10:45am				10:45am						
11:00am	4x800M Relay	Final	11-12 ; 13-14; 15-16; 17-18; OM	11:00am					13-14G	15-16B
11:15am				11:15am			9-10B	15-16G 17-18G		
11:30am	200M Hurdles	Final	13-14G/B	11:30am	8UG	13-14B				
11:30am	400M Hurdles	Final	15-16G/B; 17-18G/B; OM	12:00 Noon						
11:30am	300M Hurdles	Final	OM	12:00 Noon						
12:00 Noon	200M Dash	Final	All Divisions; OM	12:00 Noon	8UB		11-12B	13-14B	15-16G	17-18B
12:30pm	Steeplechase	Final	15-16 G/B; 17/18G/B; OM	12:30pm		OM Discus				
1:00pm	800M	Final	Open & Masters Only	1:00pm			11-12G Jav			
1:30pm	400M Dash	Final	All Divisions; OM	1:30pm	OM Shot					