

2016 USATF REGION VI
JUNIOR OLYMPICS

Track & Field Championships

LOCATION

JULY 7-10, 2016



EVENT: 2016 USATF Region VI
Junior Olympic Track & Field Championships

WHEN: July 7-10, 2016

WHERE: Bernie Moore Stadium on Campus of LSU, Baton Rouge, LA

MEET ENTRY: Each team will follow team entry information in this Regional Meet Packet after their Association meet.

ADMISSION: \$ 7.00 per day, or \$12.00 for 2 day pass (Prepurchase for \$10) \$ 5.00 Multi Events
Visit www.usatfsouthern.org for link to purchase tickets.

TIME: Thursday, July 7, 2016 (Multi-events) • 11:00 a.m. - UTC
Friday, July 8, 2016(Multi-events) • 8:00 a.m. - UTC
Sat & Sun July 9-10, 2016 Track Meet 8:00 a.m. - UTC

Meet Director: Byron Turner, 225-892-3489,
byronturner@usexpresstrackclub.org

ELIGIBILITY: Each athlete must have a 2016 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:

\$7.00 per individual event	\$12.00 Triathlon
\$20.00 per Relay	\$14.00 Pentathlon
	\$16.00 Heptathlon/Decathlon

ENTRIES:

Entries will be done online via www.athletic.net by Saturday July 2nd, 2016 Midnight CST with entry fee in order to be processed. Check www.usexpresstrackclub.org for updates and direct link for registration.

Waivers should have been printed out using online service at association level and brought to the region meet. You can print it out when you register for the region meet bring it to the meet. A \$40.00 late fee for any late entry after July 2nd. Please download a copy of your entries for proof if there are mistakes on entries.

Packet Pick-Up:

Thursday, July 7, 2016 and Friday, July 8, 2016 at the Track/Multi Events until 7:00 p.m.

COACHES MEETING PRIOR TO THE FIRST EVENT IF NEEDED

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. The age you are on December 31st in your birth year will determine the age group in which you compete.

Division	Year of Birth
• 8 and Under	2008 and Under
• 9-10	2007- 2006
• 11-12	2005 - 2004
• 13-14	2003- 2002
• 15-16	2001 -2000
• 17-18*	1999- 1998*

Athletes who turn 19 after July 31, 2016 will be eligible to compete in 17-18 division

Change: July 2, 2016

2016 USATF REGION VI
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**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. 8 and Under, 9-10, and 11-12 may compete in three (3) events including Relays. All other divisions may compete in four (4) events including Relays. **Athletes must be a member of a club to participate on a relay team.**
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 passport. Your birth date should have been verified by association membership chair prior to the Association meet.
4. To reduce sheets of paperwork, it is recommended you e-mail proof of birth to your membership chair.
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. Only 1/4 inch pyramid spikes are allowed on the track (See Attached diagram).

CLUB ENTRY INFORMATION Region Meet

1. Each club **MUST** declare the athlete to participate who has qualified for the USTAF Region VI Junior Olympic Track & Field Championships on Athletic.net. **Top 10 (NO MOVE UPS)** in each event from each association meet will qualify to the regional championships. **Your Membership Chair should certify the birth at the Association Level prior to your Association meet.** All athletes entered in the meet for your club will be eligible to participate on a relay team in their age group.
2. **Athletes finishing in the top 5 will advance to the National JO Meet.**

Declaration to the National JO Meet

After your association meet, the results will be sent to the regional coordinator. These results will be uploaded to athletic.net and you will be notified when you can declare for the National Meet. Do not declare until it is opened. You will be notified by e-mail when you can make declarations. Top 5 from each event will advance to the JO National with Top 2 in multi events(3rd place multi could advance if reach Junior Olympic Combined Event Standard *). You will declare and pay on line for all of the athletes who plan to attend the National JO Meet. Link for National meet will be provided at the region meet. All associations and regions have 48 hours to declare to the national meet.

*** JO Combined Event Standards: Triathlon Girls – 988, Triathlon Boys – 584, Pentathlon 11/12 Girls – 2438, Pentathlon 11/12 Boys – 2164, Pentathlon 13/14 Girls – 2661, Pentathlon 13/14 Boys – 2575, Heptathlon 15/16 Girls – 4082, Heptathlon 17/18 Women – 4373, Decathlon 15/16 Boys – 4947, Decathlon 17/18 Men – 5920.**

**USATF Region VI Jr. Olympic Track & Field Championships
Meet Schedule**

Multi Events (Day 1) Thursday July 7, 2016

11:00 a.m.	Decathlon 100 Meter Dash Long Jump Shot Put High Jump 400 Meter Dash	(15-16 B, 17-18 B)
11:30 a.m.	Heptathlon 100 Meter Hurdles High Jump Shot Put 200 Meter Dash	(15-16 G, 17-18 G)

MULTI EVENTS (DAY 2) Friday July 8, 2016

9:00 a.m.	Decathlon 110 Meter Hurdles Discus Throw Pole Vault Javelin Throw 1500 Meter Run	(15-16 B, 17-18B)
10:30 a.m.	Pentathlon 80 Meter Hurdles/100 Meter Hurdles High Jump Shot Put Long Jump 800 Meter / 1500 Meter	(11-12 G-B, 13-14 G-B)
11:30 a.m.	Heptathlon Long Jump Javelin Throw 800 Meter Run	(15-16 G, 17-18 G)
1:30 p.m	Triathlon Shot Put High Jump 400 Meter Dash, 200 Meter Dash	(9-10 G-B)

3:30 P.M. Hammer Throw 15-16 Girls/17-18 Women

4:15 PM Hammer Throw 15-16 Boys/17-18 Men

8 and Under Girls / Boys

11-12 Girls / Boys

15-16 Girls / Boys

9-10 Girls / Boys

13-14 Girls / Boys

17-18 Women / Men

**USATF Region VI Junior Olympic Track & Field Championships
Meet Schedule
Day 3**

Saturday July 9th, 2016

Running Event Trials/Finals

8:00 a.m.	3000 Meter Run (Finals)	11-12, 13-14, 15-16, 17-18 G-B
	400 Meter Hurdles	15-16, 17-18 M (36")
	400 Meter Hurdles	15-16, 17-18 W (30")
	200 Meter Hurdles	13-14 G-B (30")
	3000 Meter Race Walk (Finals)	13-14, 15-16, 17-18 G-B
	400 Meter Dash	ALL AGE DIVISIONS
	4x800 Meter Relay (Finals)	11-12, 13-14, 15-16, 17-18 G-B
	100 Meter Dash	ALL DIVISIONS
	110 Meter Hurdles	15-16 B, 17-18 M (39")
	100 Meter Hurdles	13-14 B, 15-16 G, 17-18 W (33")
	100 Meter Hurdles	13-14 G (30")
	80 Meter Hurdles	11-12 G-B (30")
	200 Meter Dash	ALL DIVISIONS



8 and Under Girls / Boys

11-12 Girls / Boys

15-16 Girls / Boys

9-10 Girls / Boys

13-14 Girls / Boys

17-18 Women / Men

USATF Region VI Junior Olympic Track & Field Championships
Meet Schedule
Day 4

Sunday, July 10th, 2016

Running Event Finals

8:00 a.m.	1500 Meter Run (Finals)	ALL DIVISIONS
	400 Meter Hurdles	15-16 B, 17-18 M (36")
	400 Meter Hurdles	15-16 G, 17-18 W (30")
	200 Meter Hurdles	13-14 G-B (30")
	4x100 Meter Relay	ALL DIVISIONS
	400 Meter Dash	ALL DIVISIONS
	110 Meter Hurdles	15-16 B, 17-18 M (39")
	100 Meter Hurdles	13-14 B, 15-16 G, 17-18 W (33")
	100 Meter Hurdles	13-14 G (30")
	80 Meter Hurdles	11-12 G, 11-12 B (30")
	100 Meter Dash	ALL DIVISIONS
	800 Meter Run	ALL DIVISIONS
	1500 Meter Race Walk	9-10 G, 9-10 B, 11-12 G, 11-12 B
	200 Meter Dash	ALL DIVISIONS
	2000 Steeplechase	15-16 G, 15-16 B, 17-18 W 17-18 M
	4x400 Meter Relay	ALL DIVISIONS

8 and Under Girls / Boys

11-12 Girls / Boys

15-16 Girls / Boys

9-10 Girls / Boys

13-14 Girls / Boys

17-18 Women / Men

**USATF Region 6 Junior Olympic Track & Field Championships
Field Event Meet Schedule**

Field Event Finals Day 1 – Saturday, July 9, 2016

	8:00 AM	9:00 AM	9:30 AM	11:00 AM	
Long Jump A	8 and Under B		9-10 G	11-12 B	Long Jump A
Long Jump B	11-12 G		17-18 M	17-18 W	Long Jump B
High Jump	15-16 B		15-16 G	13-14 B	High Jump
Shot Put	9-10 B		11-12 G	8 and Under G	Shot Put
Discus	13-14 G		15-16 B	15-16 G	Discus
Javelin	8 and Under G		9-10 B	11-12 G	Javelin
Pole Vault		17-18 W		13-14G/15-16G	Pole Vault

	1:30 PM	2:00 PM	3:00 PM	4:30 PM	
Long Jump A	13-14 B		15-16 B	9-10 B	Long Jump A
Long Jump B	13-14 G		8 and Under G	15-16 G	Long Jump B
High Jump	17-18 M		17-18 W	13-14 G	High Jump
Shot Put	9-10 G		17-18 M	8 and Under B	Shot Put
Discus	17-18 M		13-14 B	17-18 W	Discus
Javelin	8 and Under B		9-10 G	11-12 B	Javelin
Pole Vault		13-14 B/15-16 B		17-18 M	Pole Vault

Field Event Finals Day 2 – Sunday, July 10, 2016

	8:00 AM	9:30 AM	11:00 AM	
Triple Jump A	15-16 B	13-14 G	15-16 G	Triple Jump A
High Jump	9-10 G	9-10 B	11-12 B	High Jump
Shot Put	15-16 G	17-18 W	15-16 B	Shot Put
Javelin	13-14 B	17-18 M	13-14 G	Javelin
Discus	11-12 G	11-12 B		Discus

	1:30 PM	3:00 PM	4:30 PM	
Triple Jump A	13-14 B	17-18 W	17-18 M	Triple Jump A
High Jump	11-12G			
Shot Put	11-12 B	13-14 G	13-14 B	Shot Put
Javelin	17-18 W	15-16 G	15-16B	Javelin

8 and Under Girls / Boys

9-10 Girls / Boys

11-12 Girls / Boys

13-14 Girls / Boys

15-16 Girls / Boys

17-18 Women / Men

Revised on 7/2/2016

USATF Region 6 Jr. Olympic Track & Field Championships

Competition Information

Meet Info

Updated meet information, heat sheets, live results, etc, can be found at www.usexpresstrackclub.org

Warm-up Area

A warm-up area will be available for athletes to use outside the track in field beside the track. **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.

Parking

Parking is available at the Bernie Moore Lot (lot 104) off Nicholson Drive. Buses may park along Nicholson Drive on a first come first serve basis. Additional bus parking is located at the gravel parking lot (lot 107 former Alex Box Stadium lot). Any illegally parked vehicles may be subject to ticketing and towing

FACILITY REGULATIONS

SPIKES

- All spikes must be checked outside at Gate 13 of Bernie Moore Track. Spikes must be checked prior to accessing Bernie Moore Track or entering Carl Maddox Fieldhouse. Athletes will not be allowed to compete without having their spikes tagged. Any athletes competing with non-tagged spikes will be disqualified.

- Acceptable spikes: ¼” pyramids



TAPE

Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk will be disqualified

HYDRATION

Water is the only permitted drink allowed on the rubber surface at Bernie Moore Stadium and inside Carl Maddox Fieldhouse

BAGS

Only shoe bags/backpacks are permitted inside Carl Maddox Fieldhouse. No bags of excessive size (duffel bags, suitcases, coolers) are permitted inside the Fieldhouse.

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

Check-in will take place at the Clerk of Course at Gate 11 on North end of the Stadium. 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 unless they have more than one event at that time. Arrangements should be made to get the athlete to both events within the proper time frame.

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 \$50.00 required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the 2016 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 on July 9th and 10th and on stand by July 7th and 8th for participants. The medical facility will be limited to medical treatment of injuries and medical emergencies ONLY.

USATF REGION VI CONTRACTED HOTELS

Crowne Plaza Baton Rouge
4728 Constitution Ave
Baton Rouge, LA 70808
800-678-4065
\$105
Deadline: June 6th

Double Tree by Hilton
4964 Constitution Avenue
Baton Rouge, LA 70808
225-925-1005
27 Rooms
\$112.00
Deadline: June 15th

Fairfield Inn by Marriott
7959 Essen Park Avenue
Baton Rouge, LA 70809
225-766-9493
25 Rooms
\$99.00
Deadline: June 21st

Baton Rouge Marriott
5500 Hilton Avenue
Baton Rouge, LA 70808
225-924-5000
200 rooms
\$109.00
Deadline: June 15th

Courtyard Siegen Lane
10307 North Mall Drive
Baton Rouge, LA 70809
225-293-7200
10 Rooms
\$109.00
Deadline: June 15th

Holiday Inn College Drive
4848 Constitution Ave
Baton Rouge, LA 70808
225-448-2030
25 Rooms
\$105
Deadline: June 6th

Residence Inn
10333 North Mall Drive
Baton Rouge, LA 70809
225-293-8700
10 Rooms
\$119.00
Deadline: June 15th

Spring Hill Suites Baton Rouge
7979 Essen Park Avenue
Baton Rouge, LA 70809
225-766-5252
25 Rooms
\$99.00
Deadline: June 21st

Embassy Suites Hotel
4914 Constitution Avenue
Baton Rouge, LA 70808
50 Rooms
Deadline: June 15th

Belle of Baton Rouge
103 France Street
Baton Rouge, LA 70802
225-242-2600
20 Rooms
\$99.00

Drury Hotel (Officials)
7939 Essen Park
Baton Rouge, LA 70809
225-766-2022
\$89.00