



2009 USATF Region XII Junior Olympic Track & Field Championships



July 7-11, 2009
Herman A. Barnett Sports Complex
6800 Fairway
Houston, TX 77087

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS

Age Divisions
Sub-Bantam (2000+ and later)
Bantam (born 1999 + and later)
Midget (born 1997–1998)
Youth (born 1995–1996)
Intermediate (born 1993–1994)
Young (born 1991-1992*) Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the Young Men's and Young Women's divisions through that meet. This extended eligibility does not apply to cross country events.

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. Competitors in the Bantam and Midget divisions may compete in a maximum of three events, including relays. Competitors in the Youth, Intermediate, and Young divisions may compete in a maximum of four events, including relays. Combined events are not included in the event count. All athletes must be 2009 members of USATF in good standing.

All sub-bantam athletes competing in bantam events must declare at the association level.

Relay Teams: Only registered 2009 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

ENTRY PROCESS:

Individual Entries: **\$7 00** per event
Relay Entries: **\$28.00 maximum of 6** per relay team
Decathlon/Heptathlon: **\$20.00** per athlete
Triathlon/Pentathlon: **\$15.00** per athlete

On-Time Registration: Entry forms must be received at the Gulf Association Office by noon **6-24-2009**

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

ADVANCEMENTS The top 3 athletes at the Region **12** Championships will qualify for the National Championships. The National Championships will be held from Tuesday, July 28 to Sunday, August 2 at Irwin Belk Track - North Carolina A&T State University - Greensboro, N.C. For Information visit their website at:

<http://www.usatf.org/events/2009/USATFJuniorOlympicTFChampionships/>

All advancement paperwork must be turned into the Regional Coordinator prior to leaving the stadium Saturday July 11th.



**2009 USATF REGION XII
 JUNIOR OLYMPIC CHAMPIONSHIP MEET**
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Schedule of Events

****The Steeplechase event will be held at the University of Houston's, Tom Tellez Track at the Carl Lewis International Complex**.**

SCHEDULE:

Tuesday: July 7

8:30 am	9:30 am	10:00 am	1:00 pm
Heptathlon IG/YW	Decathlon IB/YM	Pentathlon YG/YB	Triathlon
100mh	100m	100mh	Shot Put
High Jump	Long Jump	Shot Put	High Jump
Shot Put	Shot Put	High Jump	200/400m
200m	High Jump	Long Jump	
	400m	800/1500	

FIELD EVENTS

8:30 am			
Hammer Throw: IG, YW, IB, YM			F

Wednesday: July 8

8:30 am	9:00 am	9:30 am
Pentathlon MG/MB	Decathlon IB/YM	Heptathlon IG/YW
80mh	110mh	Long Jump
Shot Put	Discus	Javelin
High Jump	Pole Vault	800m
Long Jump	Javelin	
800/1500m	1500m	

RUNNING EVENTS

9:30 am			
2000m	Steeplechase	IG, YW, IB, YM	F
(Tom Tellez Track at the Carl Lewis International Complex, University of Houston)			

1200 pm			
4x800	Relay	MG, MB, YG, YB, IG, IB, YW, YM	F

FIELD EVENTS

8:30 am			
Javelin		YG, IG, YW	F
12:00 pm			
Long Jump		PG, PB	F
2:00 pm			
Javelin		YB, IB, YM	F



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Thursday: July 9
RUNNING EVENTS

7:30 am	30000m	MG, MB, YG, YG, IG, IB, YW	F
9:00 am	5000M	YM	F
10:00 am	4x400m relay	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM	P
1:00 pm	110mh	IB, YM	P
1:30 pm	100mh	YG, YB, IG, YW	P
2:20 pm	80mh	MG, MB	P
3:00 pm	100m	ALL	P
5:00 pm	200m	ALL	P

FIELD EVENTS

8:30 am

Long Jump	YW
Triple Jump	YM
High Jump	BG, MG
Shot Put	BB, MB
Discus	YG

2:30 pm

Long Jump	YG, YB
High Jump	YB, YG
Shot Put	IG, YW
Discus	MB

11:30 am

Long Jump	IG
Triple Jump	IB
High Jump	BB, MB
Shot Put	BG, MG
Discus	YB

12:00 noon

Pole Vault	YG, IG, YW
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Friday: July 10

RUNNING EVENTS

8:00 am	110mh	IB, YM	F
	100mh	YG, YB, IG, YW	F
	80mh	MG, MB	F
9:00 am	4x100m relay	ALL	P
11:00 am	800m	ALL	F
	100m	ALL	F
	400m	ALL	P
4:00 pm	200mh	YG, YB	P
	400mh	IG, YW, IB, YM	P
	200M	ALL	F

Friday: July 10

FIELD EVENTS

8:30 am

Long Jump	IB
Triple Jump	IG
High Jump	YW
Shot Put	YG, YB
Discus	MG
Mini Javelin	BB, MB

10:00 am

Pole Vault	YB, IB, YM
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2:30 pm

Triple Jump	YG, YB
High Jump	IG
Discus	YW

11:30 am

Long Jump	YM
Triple Jump	YW
High Jump	YM
Shot Put	IB, YM
Discus	IG
Mini Javelin	BG, MG



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Saturday: July 11
RUNNING EVENTS

8:00AM

1500M Race Walk-----BG,BB,MG,MB F
3000 M Race Walk-----YG,YB,IG,IB,YW,YM F

10:00 am

4x100 m relay ALL F
400 m ALL F
200mh YG, YB F
400mh IG, YW, IB, YM F
1500m ALL F
4X4m relay ALL F

FIELD EVENTS

8:30 am

Long Jump BG, MG
Long Jump BB, MB
Discus YM

11:30 am

High Jump IB
Discus IB
Long Jump YW

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of **\$7.00**. Bib numbers will be distributed to athletes during package pickup at the host hotel.

EVENT RESULTS: During competition, event results will be posted **(in the breezeway of the stadium facility)**. In addition, final event results will be posted on the Gulf Association Website @ www.htosports.com/usatfgulf

PROTESTS: There will be a **\$100.00 (CASH ONLY)** fee for all protests. Protests must be submitted to the Meet Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

RULES – CONDUCT & FACILITY: **(The meet will governed by 2009 USATF Youth Competition Rules).**

GATE ADMISSION FEES: (\$7.00 each day) – All Coaches who have passed background screen will be admitted free Package Deals – All meet pass purchased on Tues-\$25.00, Wed-\$20.00, Thur-\$15.00

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