

2010 USATF Mid-Atlantic Association Junior Olympic Information

www.mausatf.org

Mid-Atlantic Association would like to cordially invite all youth ages 18 and under to participate in the Junior Olympic Program. Preliminary *Meets* *will be held on June 5th*. Choose the area closest to you! Click on preliminary meets listed below for Entry information:

1. Philadelphia - *South Philadelphia Supersite/Bok Field Philadelphia, PA*
2. Delaware – *Glasgow High School, Newark, DE*
3. Northeast PA Area – *Wallenpaupack High School, Hawley, PA*

Event Entry Forms *fill in events you*

*will compete in at preliminary meets for Delaware
and Northeast, PA only!*

*Online registration only for Philadelphia
Preliminary qualifier. See flyers for complete entry
details.*

Subbantam through Youth Participation in Preliminary Qualifier is Mandatory to enter the Association Championships on June 19th at Swarthmore College, Swarthmore, PA. Marks achieved at this meet must be used for seed entry when entering the Association Championship.

Intermediate and Young Men/Women Participation in Preliminary qualifier is optional. Athletes in this age group may choose to enter Association Championships on June 19th at Swarthmore College, Swarthmore, PA without competing in an area qualifier.

**USATF Mid-Atlantic Junior
Olympic Track and Field**

Championship meet Saturday June 19th – Swarthmore College, Swarthmore, PA

Online Advancement only. **Advancement Process**
New for 2010: Registration and advancement to the 2010 Association, Region 2, and National Championship will be **ONLINE ONLY**. You must enter and pay for Association Championship by **Wed, June 9th, 2010 at 12 midnight ONLINE. Flyer with full details regarding online advancement/entry to the Association Championship will be outlined in meet packet and Association Championship meet flyer.**

Top 4 in each event from Association Championships may advance to compete in

USATF Region 2 Championships to be held on July 8-11 Hosted by the New Jersey Association at Stockton State College in Pomona, New Jersey.

**Top 3 in Region 2 Meet advance to
National Junior Olympic
Championship meet July 27-August
1st 2010 –Sacramento City College
Sacramento, California**

*Sub-Bantam division does not advance to
National. . Go to :*

<http://www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships/>

for Athlete and Travel Information

**2010 Youth Age Groups and
Events**

****refer to meet order of events to see what is
contested and automatically advanced in your
area**

**Sub Bantam 8 years old and younger Born in 2002 or later (3
event maximum)**

Track - 100 M, 200M, 400M, 800 M, 1500 M, 400 M Relay and
1600 M Relay

Field - Long Jump, 2K shot put (new!)

Bantam 9 and 10 years old Born in 2000 or 2001 (3 event maximum)

Track - 100 M, 200 M, 400 M, 800 M, 1500 M, 1500m Race-walk, 400 M Relay and 1600 M Relay

Field - Long Jump, High Jump, Shot Put (6lb), Discus (1K) and Turbo Javelin

Triathlon (200 M (Girls)/400 M (Boys), Shot Put and High Jump)

Midget 11 and 12 years old Born in 1998 or 1999 (3 event maximum)

Track - 100 M, 200 M, 400 M, 800 M, 1500 M, 3000 M, 80 M H (30"), 1500 m race walk, 400 M Relay, 1600 M Relay and 3200 M Relay

Field - Long Jump, High Jump, Shot Put (6lb), Discus (1K) and Turbo javelin.

Pentathlon (80 M H, Shot Put, High Jump, Long Jump and 800 M (Girls)/1500 (Boys))

Youth 13 and 14 years old Born in 1996 or 1997 (4 event maximum)

Track - 100 M, 200 M, 400 M, 800 M, 1500 M, 3000 M, 100 M H (30" Girls/33" Boys), 200 M H (30"), 3000 m race walk, 400 M Relay, 1600 M Relay and 3200 M Relay

Field - Long Jump, High Jump, Triple Jump, Shot Put (6lb Girls/4K Boys), Discus (1K), Javelin, Pole Vault

Pentathlon (100 M H, Long Jump, High Jump, Shot Put and 800 M (Girls)/1500 (Boys))

Intermediate 15 and 16 years old Born in 1994 or 1995 (4 event maximum)

Track - 100 M, 200M, 400 M, 800 M, 1500 M, 3000 M, 2000 M Steeplechase, 100 M H (Girls), 3000 m Race walk, 110 M H (Boys), 400 M H, 400 M Relay,

1600 M Relay and 3200 M Relay
Field - Long Jump, High Jump, Triple Jump, Shot Put
(4KGirls/12lb Boys), Discus (1K Girls/1.6K Boys), Javelin,
Hammer and Pole Vault
Heptathlon (girls) and Decathlon (boys)

Young 17 and 18 years old Born in 1992 or 1993 (4 event
maximum)**

Track - 100 M, 200M, 400 M, 800 M, 1500 M, 3000 M, 5000 M
(YM), 2000 M Steeplechase,, 3000 m Race walk,
100 M H (Girls), 110 M H (Boys), 400 M H, 400 M Relay, 1600
M Relay and 3200 M Relay
Field - Long Jump, High Jump, Triple Jump, Shot Put
(4KGirls/12lb Boys), Discus (1K Girls/1.6K Boys), Javelin,
Hammer and Pole Vault
Heptathlon (girls), Decathlon (boys)

**** Athletes born in 1991 are also eligible if they do
not turn 19 on or before 8/1/2010**