

## SCHEDULE OF EVENTS

### Day 1 - Thursday July 5

#### Heptathlon - Intermediate Girls/Young Women

First Call 9:15am; Event Start 10am

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

#### Decathlon - Intermediate Boys/Young Men

First Call 9:45am; Event Start 10:30am

100M Dash; Long Jump, Shot Put,

High Jump; 400M Dash

#### Triathlon - Bantam Boys & Bantam Girls

First Call 10:15am; Event Start 11:00am

Shot Put, High Jump, 200M (G) / 400M (B) Dash

#### Triple Jump - 12:00 Noon Start - YB YG

### Day 2 - Friday July 6

Decathlon - Intermediate Boys/Young Men

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

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

#### Heptathlon - Intermediate Girls & Young Women

First call at 9:00am with events beginning 9:45am

Long Jump, Javelin and 800M Run

#### Pentathlon - Youth Boys and Youth Girls

First Call at 8:30am with events beginning 9:15am

100M Hurdles, Shot Put, High Jump, Long Jump

& 800M (Girls) 1500M (Boys)

#### Pentathlon Midget Boys and Midget Girls

First Call at 9:45am with events beginning 10:30am

80M Hurdles, Shot Put, High Jump, Long Jump

& 800M (Girls) 1500M (Boys)

#### First Call for Track 2:15pm, events begin 3pm

2000M Steeplechase Final - YW IG IB YM

3000M Race Walk Final - YB YG IG IB YW YM

1500M Race Walk Final - BB BG MG MB

#### Field Events

##### First Call Field events 8:15am, events begin 9am

Javelin - IB YM YW YB

Javelin - YG IG begin at 1pm (followed by Hammer)

Hammer - IB YM IG YW

**Long Jump - 8:00am Start** - SBB SBG BB BG MB MG

## SCHEDULE OF EVENTS

### Day 3 - Saturday July 7

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

##### Track Events

3000M Run Final - MB MG YB YG IB IG YW YM

400M Hurdles Semi - IB YM IG YW

200M Hurdles Semi - YB YG

200M Dash Semi - All Divisions

4x100M Relay Final - All Divisions

4x800M Relay Final - MB MG YB YG IB IG YM YW

80 M Hurdles Semi - MB MG

100M Hurdles Semi - YG YB IG YW

110M Hurdles Semi - IB YM

100M Dash Semi - All Divisions

400M Dash Semi - All Divisions

##### Field Events

##### First Call 8:15, events begin at 9:00am unless otherwise noted

**8:00 am start** Long Jump - YB YG IB IG YM YW

High Jump - YB YG MB MG BB BG

Shot Put - SBB SBG BB BG MB MG YB YG

Discus - IB IG YB YG MB MG

Pole Vault - YG IG YW YB IB YM

##### First Call 9:15am; Event begin 10:00am

Mini Javelin - MB MG SBB SBG BB BG

### Day 4 - Sunday July 8

##### First call for Track events 8:15am, events begin- 9am

##### Track Events

400M Hurdles Final - IB YM IG YW

200M Hurdles Final - YG YB

1500M Run Final - All Divisions

400M Dash Final - All Divisions

80M Hurdles Final - MB MG

100M Hurdles Final - YG YB IG YW

110M Hurdles Final - IB YM

100M Dash Final - All Divisions

800M Dash Final - All Divisions

200M Dash Final - All Divisions

4x400M Relay Final - All Divisions

##### Field Events

##### First call for Field events 8:15am, events begin- 9am

Triple Jump - IB IG YM YW

High Jump - IB IG YM YW

Shot Put - IB IG YM YW

Discus - YM YW

## USATF Region 2

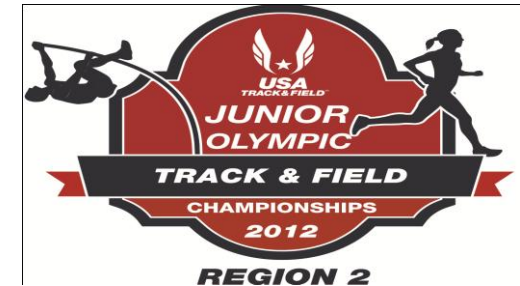


Mid Atlantic

New Jersey

Niagara

Three Rivers



## JULY 5 THRU 8

*Hosted by Mid-Atlantic*

#### Meet Director

Nelson Berrios-nberriosr@comcast.net

#### Meet Coordinator

Jim Aylsworth-coachmoi@aol.com

#### Registration Coordinator

Cindy Long - threeriversusatf@verizon.net

#### Officials Coordinator

Cynthia Young-cmy1099@aol.com

**University of Delaware  
Newark, De**

*Updated: Sunday, April 29, 2012*

## ENTRY INFORMATION

Athletes must have a 2012 date of birth verified USATF membership. The TOP 6 athletes in each event/age group at their Association Championship qualify to advance to the Region 2 Championship.

**Advancement Registration for the Region 2 Meet will be done ONLINE thru Coach O. Please see your association championship flyer for registration open/close dates.**

## ENTRY FEES

\$7.00 Individual event	\$28.00 Relay
\$20.00 Heptathlon/Decathlon	
\$15.00 Triathlon/Pentathlon	

*Entry fees must be paid online by entry deadline*

## ADMISSION

\$4.00/day, \$6.00/for two days, \$9.00/for three days, \$12.00/for four days. Athletes with competitor number and children under 5 admitted free. No charge for coaches with a valid 2012 USATF Membership and on USATF approved youth coach list.

## PACKET PICK-UP

July 5 Thursday	Stadium	
July 6 Friday	Stadium	7:30am - 7:00pm
July 7 Saturday	Stadium	7:00am - 3:00pm
July 8 Sunday	Stadium	7:00am

## COACHES MEETING

Friday July 6 - 6:00pm at Stadium

## 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 - \$5.00**

## IMPLEMENTS

Meet Management will provide implements. Personal implements may be used but must be weighed prior to competition each day. Time & place TBA, The "loss of identity rule" shall apply to all implements except the javelin. All competitors must use blocks and batons provided by meet management.

## TRAINERS

Trainers will be stationed at a location 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. Bronze medals for places 6th place.

## EVENT CHECK-IN

Check-in will be 45 minutes prior to the event. All athletes must listen for the announcements. Calls will be as follows: 1st Call, 2nd Call, Final Call.

**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.**

No parents or coaches will be allowed in the clerking area. Upon closing of a semi-final track event by the clerk of course, those semis 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.**

## RELAYS

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

Coaches must indicate their roster in the online entry system. Only athletes declared on the online roster are eligible to run on a relay team.

Roster athletes will not be issued a competitor number unless they are entered in a relay or individual event. Roster athletes needing a competitor number to run a relay day of meet will be charged for an individual event entry fee.

**Relay teams must wear identical uniforms, top/bottom.**

## ADVANCEMENT

The top 5 individuals in individual events and the top 2 in combined events qualify to advance to the USATF National Junior Olympics. 3rd place in combined events must meet the Junior Olympic Standard. **Sub-Bantams must be born in 2004 or 2005 in order to compete in the national meet.**

**All advancement will be done online thru Coach O.**

## NATIONAL ENTRY FEES

\$8.00 Individual Event	\$32.00 Relay
\$24.00 Heptathlon/Decathlon	
\$20.00 Triathlon/Decathlon	

## FACILITY INFORMATION

**Delaware Mini-Stadium** is the University's home for the soccer and track & field teams. It is located off-campus and has an eight-lane, all-weather track. Throwing venues are located outside the stadium with the exception of the javelin and long and triple jump venues, which are inside the stadium.

**The stadium complex is SMOKE-FREE**

**Track & field areas are off limits to all non-competitors at all times. Coaches, parents, or individuals other than meet staff will automatically disqualify their athlete from competition if found on the track or in the designated competition area for field events. The press box and computer area is off limits to all except meet officials and designated personnel.**

## DIRECTIONS

### From the North and the East:

I-95 South to Delaware exit 1-B, Route 896 north. The David Nelson Athletic Complex, marked by the [Bob Carpenter Sports/Convocation Center](#), is located on the right just after Routes 4/896 intersection.

### From the South and the West:

I-95 North to Maryland Exit 109B, Route 279 north (also called Route 2). Proceed on this road which becomes Elkton Road into Newark. Turn right at the intersection of Routes 2 (279) and 4. Turn left at intersection of Routes 4/896. The David Nelson Athletic Complex, marked by the [Bob Carpenter Sports/Convocation Center](#), is located on the right.

**The Track:** The track is behind The David Nelson Athletic Complex. **Free Parking in front of the Stadium.**

## HOUSING INFORMATION

### Embassy Suites

854 S College Ave.  
Newark, DE 19713  
302-368-8000  
Room Types: 1 King, 2 Queens Rate: \$129  
Location: Across the street from the stadium  
Block held until 6/20/2012  
Code: Jr. Olympic Regional Track & Field  
Block Dates: 7/4/12 - 7/7/12

### Holiday Inn Express & Suites

1201 Christiana Rd  
Newark, DE 19713  
302-737-2700  
Room Types: 1 King  
Rate: \$105  
Location: 4.7 miles from stadium  
Block held until 6/21/2012  
Code: JRO  
Block Dates: 7/5/12 - 7/7/12

### Comfort Inn & Suites

3 Concord Ln  
Newark, DE 19713  
302-737-3900 x103  
Room Types: 2 Queens  
Rate: \$110  
Location: 4.8 miles from stadium  
Block held until 6/22/2012  
Code: Jr. Olympic Regional Track & Field Meet 2012  
Block Dates: 7/4/12 - 7/7/12