



2019 USATF Region 4 Junior Olympic Track & Field Championships



Thursday - Sunday, July 04-07, 2019



Winthrop University
1162 Eden Terrace
Rock Hill, SC 29730

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS: Age Divisions



8 & under (born 2011 +)
9 - 10 (born 2009-2010)
11 - 12 (born 2007-2008)
13 - 14 (born 2005-2006)
15 - 16 (born 2003-2004)
17 - 18 (born 2001-2002)
* athletes born in 2000 are also eligible if they do not turn 19 on or before 7/29/2019

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 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. All athletes must be 2019 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 and members of that club as part of their USATF membership. Visit www.usatf.org/membership.

ENTRY PROCESS:

ONLY ONLINE ENTRIES WILL BE ACCEPTED.

- Individual Entries: \$9 per event
- Relay Entries: \$36 per relay team
- Decathlon/Heptathlon: \$22 per event
- Triathlon/Pentathlon: \$17 per event

REGISTRATION: Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/TrackAndField/meet/373646/register> by **06/30/2019 at 11:59pm**. **Late entries will not be allowed.** Online registration opens **06/24/2019**. **Fees must be paid online by the close of registration.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>.

MEMBERSHIP: Valid 2019 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership chair has received (via mail or fax) a copy of the athlete's Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license or U.S. government identification). See Rule 300.1 (i) for further explanation.

Membership Chair: Sheri Lacy
For questions, email: membership@southcarolina.usatf.org
or Phone: 864-520-9417 (USATFSC Secretary)

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

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electronically; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

RULE 300(h) WAIVER TO COMPETE IN ASSOCIATION OF NON-RESIDENCE: The application for a rule 300(h) waiver can be found on-line at <https://usatf.wufoo.com/forms/youth-member-rule-300-h-waiver/>. The waiver application process may take up to 30 day to complete.

All Athletes who require a waiver to the National meet due to ACT/SAT Testing or official business that will prevent them from Regional competition, must notify the Region 4 Chair in writing prior to the Association meet. All athletes requiring a waiver must be entered in, and pay entry fees for, the events in which they wish to advance. **ATHLETES MUST BE ENTERED IN THE FIRST ROUND OF COMPETITION IN ORDER TO ADVANCE UNDER ANY CIRCUMSTANCES.**

AWARDS: USATF Junior Olympic medals will be awarded to the top five (5) individuals and the top five (5) relay teams in each event of each age division.

ADVANCEMENTS: The top 5 athletes and the top 5 relay teams at the Region 4 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify, in each event of each age division.

The National Junior Olympic Championships will be held from Monday, July 22nd to Sunday, July 28th in Sacramento, CA. Information is available at: <http://www.usatf.org/Events---Calendar/2019/USATF-Hershey-National-Junior-Olympic-Track---Fiel.aspx> and at <https://usatf.org/usatf/files/1d/1dd34a85-34ed-4580-807d-5bc07f6791c2.pdf>.

USATF Region 4 JO SCHEDULE: See attached schedule.

IMPLEMENT WEIGH-IN: All must be weighed in at the implements designated Implement Weigh In area (located behind the main stands of the track) at least one and a half hours before the start of the field event. Implement check-in will be open Thursday-Sunday 7am until end of meet day. Please have your implements checked early.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in. Calls may or may not be made. If an athlete is in both a field and a track event, he/she must check in at both events, then request to be excused to participate in the running event. Field event athletes should report directly to the field event venue. Track event athletes should report to the clerking area (See map).

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their singlets only. If an athlete loses the bib number, a replacement can be purchased for a fee of **\$5.00**. Replacement bib numbers will be distributed to athletes.

Bib numbers will be distributed to designated team coaches (or unattached athletes) at packet pickup, adjacent to ticketing, at the host venue:

Irwin Track and Field Complex, Winthrop University, 1162 Eden Terrace, Rock, Hill, SC 29730

- **Wed, July 03 : 2pm – 6pm**
- **Competition Days (Thu July 04 – Sun July 07) : 7 am to conclusion of meet day**

EVENT RESULTS: During competition, event results will be posted (behind the main stands). In addition, event results will be posted at (athletic.net and usatfsc.org). Live results will be on: <http://www.mitchelltiming.com/>.

PROTESTS: There will be a **\$75** fee for all protests. Protests must be submitted to the Protest Table (at Implement Check-In) at once and not later than 30 minutes after a result has been posted. All protest fees must be paid either in cash or by check. The protest fee will be refunded if the protest is upheld.

GATE ADMISSION FEES (per person) *

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<u>Ticket Type</u>	<u>Youth (6-12)</u>	<u>General Entry (13-61)</u>	<u>Seniors (62+)</u>
Single Day	\$ 5.00	\$ 8.00	\$ 7.00
2-day Pass	\$10.00	\$15.00	\$13.00
Full Meet Pass	\$15.00	\$20.00	\$19.00

* Children under 5 are free

RULES – CONDUCT & FACILITY: Please respect the flagged areas and signs for no tents allowed. **Tents will not be allowed in the stands.** Umbrellas not larger than a golf umbrella (62”) are permitted in the stands. **Only flats or 1/4 inch pyramid spikes allowed for all events at the facility.** **NOTE:** Please respect meet officials as they do their job. If a meet official is yelled at or otherwise treated disrespectfully, the offender may be asked to leave the facility. Some 2019 USATF Competition Rule changes may affect this meet. Please check the USATF-SC website at <http://www.usatf.org/usatf/files/da/daf2d12d-b51c-475c-9b06-4a6b41d81071.pdf> for a list of relevant rule changes.

- Smoking and/or the use of tobacco products in the gated area of the complex is PROHIBITED.
- Alcoholic beverages are PROHIBITED in the complex or parking lots.
- The use of “vaping” devices is prohibited in the gated area of the complex is PROHIBITED.
- Personal coolers or outside food or beverages are PROHIBITED inside gated area.
- Glass containers are PROHIBITED.
- Grilling, or any open fires, is PROHIBITED.
- Littering is PROHIBITED.
- Pets are PROHIBITED inside gated areas and playing fields.
- Food, gum and sunflower seeds are PROHIBITED inside gated area.
- Profanity within the gated area is PROHIBITED.
- Bicycles, skateboards, roller blades or scooters are PROHIBITED in gated areas.
- Climbing on fences, bleachers, trees or railings is PROHIBITED.
- Throwing or hitting balls of any kind into the fences is PROHIBITED.
- Hitting golf balls is PROHIBITED inside the complex.
- Driving stakes into the field is PROHIBITED.
- Weapons are PROHIBITED on the property.
- Trespassing after hours is PROHIBITED.
- Disrespect towards Officials and Athletes is PROHIBITED.
- Park only in designated areas within the parking lots. Vehicles parked on the grass and/or curbsides are subject to ticketing or towing.
- Please bag all trash and otherwise leave the facility in as good condition as when you arrive.

DIRECTIONS & PARKING: Parking is in the Eagle Loop parking lots at Irwin Track and Field Complex, Winthrop University, 1162 Eden Terrace, Rock, Hill, SC 29730. Please follow and obey the signs.

CONTACT:

Name: Steve Mullaney (USATFSC Youth Chair)
E-mail: youth@southcarolina.usatf.org

Name: Thaddeus Sligh (Region 4 Coordinator)
Phone: 864-230-3995
E-mail: bigthad@live.com

Name: Sheri Lacy (USATFSC Membership Chair)
E-mail: membership@southcarolina.usatf.org

Nearby Motels in Rock Hill, SC (within 5 miles of the venue)

Hilton Garden Inn Rock Hill
650 Tinsley Way
803.325.2800

Staybridge Suites Rock Hill
493 Galleria Blvd.
803.329.0000

Hampton Inn Rock Hill
2111 Tabor Dr.
803.325.1100

Wingate by Wyndham Rock Hill
760 Galleria Blvd.
803.324.9000

TownePlace Suites by Marriot Rock Hill
2135 Tabor Dr.
803.327.0700

Comfort Suites
1323 Old Springdale Rd.
803.326.3300

Fairfield Inn & Suites by Marriot Rock Hill
578 Galleria Blvd
803.325.2700

Home2 Suites by Hilton Rock Hill
1285 Old Springdale Rd.
803.980.6000

Holiday Inn Rock Hill
503 Galleria Blvd.
803.323.1900

La Quinta Inn & Suites Rock Hill
1235 Springdale Rd.
803.817.7500

Nearby Restaurants in Rock Hill, SC (within 5 miles of venue)

Chili's
630 Tinsley Way
803.980.8334

Five Guys
1460 Meeting Blvd.
803.980.5800

Panera Bread
526 John Ross Pkwy
803.329.0200

McAlister's Deli
735 Addison Ave.
803.329.0042

Buffalo Wild Wings
1460 Meeting Blvd.
803.328.9464

Texas Road House
2367 Dave Lyle Blvd.
803.909.7427

Olive Garden
519 John Ross Pkwy
803.980.0125

Mellow Mushroom
1940 Cinema Drive
803.329.4743

Cracker Barrel
2140 Manna Court
803.327.6141

Moe's Southwest Grill
1910 Cinema Drive
803.980.6637