



## 2009 REGIONAL JUNIOR OLYMPIC CHAMPIONSHIP MEET

- DATE:** June 26,27,28, 2009
- SITE:** Cerritos College, 11110 East Alondra Blvd., Norwalk, CA 90650  
(Off the 605 freeway)
- STARTING TIME:** 5:00 PM on Friday June 26<sup>th</sup>, First call 5:10 PM for Race Walks  
8:30 A.M. Sat. and Sun., First Call 8:15 a.m.  
See attached schedule of events.
- SANCTION:** Southern California Association USAT&F. USAT&F rules will apply with special provisions for youth athletics.
- CO-MEET DIRECTORS:** Denise Smotherman (909) 595-0103; Thom Confer;  
**REGION COORDINATOR:** Lori Smith-Thompson (951) 202-6562
- ENTRY DEADLINE:** **June 20<sup>th</sup>, 2009.** From the Association Chairs or Meet Director of the Association Meet.
- ENTRY FEES:** \$7.00 per event, \$28.00 per relay. Relays count as an event for each team member, plus alternate.
- HY-TEK NEEDS**
- SEND BACKUP TO FRACINE AT [FCAB2HAWK@YAHOO.COM](mailto:FCAB2HAWK@YAHOO.COM) AND SEND A COPY OF THE RESULTS TO [SMOTGND52@EARTHLINK.NET](mailto:SMOTGND52@EARTHLINK.NET)**
- MEET DIRECTOR, PLEASE HAVE ALL OF THE ATHLETES INFORMATION ENTERED INTO HY-TEK. MEMBERSHIP NUMBER, ASSOCIATION NUMBER, AND CITY AND STATE ONLY IN THE CONTACT INFO AREA.**
- IN THE TEAM SET UP FOR THE LONG NAME PLEASE USE 15, 44 OR 49 BEFORE THE LONG NAME. FOR THE 4 DIGIT CODE: US, YOUR ASSOCIATION NUMBER AND A 2 LETTER ALPHABET.**
- TEAM PACKETS:** Team packets will be available for pick-up at the registration table by 4:30 pm on Friday June 26<sup>th</sup> and at 7:15 a.m. on Sat and Sun.
- ELIGIBILITY:** All entrants must be currently registered with USA T&F and in the proper age group corresponding with their year of birth.
- AGE DIVISIONS:**
- |        |           |  |           |
|--------|-----------|--|-----------|
| Bantam | 1999-2000 | Intermediate                                 | 1993-1994 |
| Midget | 1997-1998 | Young Men/Women                              | 1991-1992 |
| Youth  | 1995-1996 | (18yr olds born <b>after</b> August 1, 1990) |           |
- EVENT LIMITS:** Bantam and Midgets - 3 events maximum  
Youth and above - 4 events maximum
- FIRST AID:** Medical staff will be available for minor injuries.
- SOUVENIRS:** Programs \$ 3.00 and meet T-shirts will be available for \$12.00  
Cerritos College Concessions will be available all 3 days. (It will be cost effective and probably healthier for you to bring your own meals in.) ¼ inch Spikes will be sold for \$3.00 per set. **No needle spikes please**, they will be checking prior to going on the running surface. If you miss your race because you don't have time to change them it will be on you. **Except this as your warning.**

**FACILITIES:** The track is an all-weather 9-lane surface including the long jump, triple jump, high jump and pole vault approaches. There may be a grass approach in the Javelin.

**NOTE:** The infield area will be off-limits to all coaches, AND parents except those that are working at a particular event. Coaches may assist Bantam athlete only in obtaining an initial mark in the jumping events then you will be escorted off of the field. Absolutely **NO COACHING** will be allowed from the coaches working at the events on the INFIELD.

**Parking at Cerritos College** There is more than enough parking to accommodate everyone attending the track meet. Please properly lock your cars. Motor Homes are permitted only along the perimeter of the parking lot along Alondra Blvd.

**EVENT CHECK-IN:** For running events: Report to the clerk of the course when the event is called - approximately 30 minutes prior to the start of the event. 3 calls will be given for each event. **Athletes not**

**COACHES PLEASE PAY  
CLOSE ATTENTION TO THIS  
SECTION**

**responding to the call for their lane assignment will not be seeded into that event and will be scratched.** We will contact the field events that are in progress to make sure your athlete is checked in, but Coaches this does not lessen your responsibility to make sure your athlete is paying attention. **Once that event is closed, that event will be seeded and there will be no additions.** **Athletes switching heats or lanes will be DISQUALIFIED.**

**If fewer than nine (9) athletes report to the clerk, a signature will be required and then that event will be run as a final at its normal time with only those athletes who have checked in.**

For all field events, report directly to the field event clerk.

**EVENTS:** All championship events will be contested. Three preliminary attempts will be allowed in the field events; nine athletes will advance to the finals for three additional attempts. **2000m Steeplechase and Hammer Throw athletes must have secured a waived into the Regional meet with all money paid and paperwork filed. IG IB YW YM**

**ADVANCING:** The top 3 finishers in each event will advance to the Junior Olympics on July 27- August 2, 2009 in Greensboro North Carolina. A completed entry form for the USATF Junior Olympics Championship meet and the proper amount of money must be turned in by the end of meet. Team managers should have all forms totally complete before you come to processing. Relay declarations should be complete as well. The Junior Olympic fees are \$8.00 per event for individual events, and \$32.00 for relays. Combined Event athlete fees are \$ 20.00 for the Bantams – Youth and \$ 24.00 for the Intermediates and Young. **EXACT CHANGE PLEASE.**

**AWARDS:** Junior Olympics medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place. Awards CAN be distributed to athletes with bib numbers.

**MEET RESULTS:** Meet results will be available on-line after the 3<sup>rd</sup> of July. Please do not contact anyone except Denise Smotherman regarding results. They will be posted at [scausatf.org/youth/results](http://scausatf.org/youth/results) BY July 3<sup>rd</sup>.

**PROTESTS:** Protests must be made in writing and accompanied by \$50.00 deposit to a meet director. The protest must be filed within 30 minutes after the results have been announced or posted. If the protest is upheld, the deposit will be refunded. **You must cite the rule that is the basis of your protest.**

**THERE WILL BE A COACHES ADVOCATE ASSIGNED TO TAKE CARE OF ANY FINISHLINE PROBLEMS. DO NOT GO TO THE TIMING TENT FOR ANY REASON. THAT IS WHAT YOUR ADVOCATE IS FOR. IF YOU IGNORE THIS REQUEST, YOU STAND THE CHANCE OF HAVING YOUR ATHLETE DISQUALIFIED.**

**PLEASE READ AND RELAY THIS MESSAGE TO ALL OF YOUR COACHES/PARENTS AND ATHLETES**

**FEES:**

Regional fees - \$7.00; Junior Olympic fees - \$8.00; Multi fees for the regional multi's are \$ 15.00 and \$ 18.00 and \$ 20.00 and \$ 24.00 for the Junior Olympics.

Coaches and parents who might have an athlete that is in 4<sup>th</sup> or 5<sup>th</sup> place. You should check and see if your athletes have attained the Junior Olympic Performance Standard. If they have, then you might want to see if all of the top 3 athletes have declared to go to the Junior Olympics. If one of the top 3 decides that they are not going then the 4<sup>th</sup> place person has a chance to declare and so forth. I probably would pay and just in case and if it doesn't happen then your money will be returned to you via the mail or your coach.

Coaches, it's that time of year again and most of us have this process down to a science. We all know what is expected and if you don't, then it is up to you to seek the proper guidance between now and the meet. Here are a few tips that can make your life easier.

1. Relay declaration forms should have been turned in at your association meet. We must have a copy of all the visiting teams relay declarations by packet pick up time. I will make a copy for the clerking area. Know that your team will not be checked in unless there is one on file. All of the relay runners must have the same type and color uniform on with the proper bib number on the front of their chest. Coaches, you should put every athlete on your team in that particular age division on the list regardless to whether or not that athlete has any intention of going to the JO meet. So please be smart and include everybody. There will be 1 final call prior to the first set of hurdles for all relay declarations. After that last call, your team will not be allowed to check in at the clerking tent. No form No relay **COACHES PLEASE ACT RESPONSIBLE. HAVE THEM READY FROM THE BEGINNING.**

2. **Lots of confusion about what goes into the middle section of the Junior Olympics application.** It is **not important** to fill in the association times or marks on this application. So please don't. I will fill that out from the official regional results later. Only fill it out if you have the official regional results, otherwise let me do it please.

3. Supplies that you should have with you at the Regional meet: Paper clips, small stapler, white out, and **\$8.00 per event** for the athletes that go on.

**COACHES DO THE RIGHT THING.** Control your athletes. Meet with your athletes and parents to inform them about the SCA RULES. The warnings have not been heard, so consider this their last warning. This part of the season is the worst time for any of your athletes to be disqualified. Excuses will not be heard. Please remind your parents and athletes about the **Cerritos College STADIUM RULES,**

- a. **NO basketballs, footballs, bomb boxes and skateboards allowed in the STADIUM,**
- b. **ABSOLUTLY NO DOGS OR DESIGNER DOGS WILL BE ALLOWED IN THE STADIUM. DON'T EVEN TRY TO HIDE THEM IN YOUR PURSE OR JACKET. YOU AND YOUR DOG WILL BE ASKED TO LEAVE.**
- c. **The 90 day rule is in affect. Any possible situations must be brought to my attention before the meet. Violations of the rule could affect your team.**
- d. **I know what's in those red plastic cups and those McDonald cups that you walk around with all day. If you won't respect your kids, then please respect the other athletes. Your behavior is a dead give away and we can smell it on your breath. You and your athlete will be asked to leave the facility.**

**THE CAMPUS IS OFF LIMITS!!!..... We will have more than enough restrooms and porta-pottie. The campus police will be very strict about this rule and SCA Youth will not be there for your protection.**

# SCA-USATF ASSOCIATION CHAMPIONSHIP MEET

JUNE 26,27,28 2009

## ORDER OF EVENTS

### June 26 – Friday Start Time: 5:30 pm

Race-walk	Final	BG – YM
3000	Final Flights	MG – YW
5000m Run	Final	YM
400m	Semi-Final	BG-YM

### FIELD EVENTS Start Time: 5:00 pm PROMPTLY

Discus	Final	YM- YW- IB-IG- YG-YB- MG-MB***
Javelin	Final	YB-YG-IB-IG YM-YW
Long Jump	Final	IG-IB-YM-YW

### June 27 –Saturday Start Time: 9:00am

100m	Semi-Final	BG-YM
1500m	Final Flights	BG-YM
400m	Final	BG-YM
110m Hurdles	Final Flights	IB-YM
100m Hurdles	Final Flights	YW-IG-YB-YG
80m Hurdles	Final Flights	MG-MB
4x100m Relay	Semi-Final	BG-YM
4x800m Relay	Finals	MG-YM
200m	Semi-Final	BG-YM

### FIELD EVENTS Start Time 8:30 am PROMPTLY

Long Jump		BG-BB-MG-MB-YG-B
High Jump		MG-MB-YG-YB
Mini-Javelin		MG-MB-BG-BB
Shot Put		YM-YW-YG-YB-MB-MG-BG-BB-IG-IB

### June 28– Sunday Start Time: 9:00am

100m Dash	Final	BG-YM
400m Hurdles	Final	IB-YM-IG-YW
200m Hurdles	Final	YG-YB
4x100m Relay	Final	BG-YM
800m Run	Final Flights	BG-YM
200m Dash	Final	BG-YM
2000 M Steeple Chase	Final	IG-IB-YW-YM
4x400m Relay	Final Flights	BG-YM

### FIELD EVENTS Start Time 8:30 am PROMPTLY except for the PV & HT

High Jump		BG- BB- IG- IB- YM- YW
Triple Jump		YW, YM, YB, YG, IG, IB
Pole Vault	(10:00 am)	YM- YW- YG- YB- IG- IB
Hammer Throw	( 8:00 am )	IG – IB – YW - YM