



**USATF ADIRONDACK JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS**  
**Bethlehem High School**  
700 Delaware Avenue - Delmar, NY 12054

**12:00pm - June 18, 2023**

Welcome to the 2023 USATF Adirondack Association Junior Olympic Track & Field Championship! We are very excited to bring you another great year of outstanding Youth competition.

**AGE DIVISIONS & ELIGIBILITY REQUIREMENTS**

**Age Divisions**

8 & under (born 2015+)
9 - 10 (born 2013-2014)
11 - 12 (born 2011-2012)
13 - 14 (born 2009-2010)
15 - 16 (born 2007-2008)
17 - 18 (born 2005-2006) * athletes born in 2004 are also eligible if they do not turn 19 on or before 7/30/2023

**Eligibility**

*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 2023 members of USATF in good standing and age verified.

*Relay Teams:* Only registered 2023 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. All team members must be in the same age division. All relay team runners MUST wear the same color tops and bottoms. Participation in a relay is applied towards event count.

**ENTRY PROCESS - ONLINE ENTRY ONLY – ENTRY CLOSES FRIDAY, June 16th at 11:00am**

**\*\*\* LATE ENTRIES WILL NOT BE ACCEPTED \*\*\***  
**\*\*\* THERE WILL BE NO DAY OF EVENT ENTRIES \*\*\***

**ENTRY FEES:**

Payment for all entries will be subject to terms of the Athletic.net online registration process, there will be no refunds and no entry changes after the close of registration on June 16th at 11am.

- INDIVIDUAL EVENTS: \$8.00 each - RELAYS: \$30.00 per team
- MULTI EVENTS: \$12 for Triathlon/Pentathlon , \$18 for Heptathlon/Decathlon
- **Note:** Multi Events and Hammer will not be contested at this Association meet. If you wish to compete at the Region 1 meet in any of these events see the instructions below.

**Important Entry Notes**

- All entry fees must be paid online through Athletic.net by the close of Registration.
- Accuracy of data entered is the responsibility of each Club and/or Athlete. Please validate data for accuracy.
- **A Valid 2023 USATF Membership and Proof of Birth for Age verification is required for participation.** Before registration, please ensure that Via your personal USATF Connect account your have uploaded the proper age verification documents and they are verified before you register. Allow 5-7 days for verification  
**\*\*\*\*\*ALL AGE-VERIFICATION MUST BE SUBMITTED TO YOUR USATF CONNECT ACCOUNT AND VERIFIED PRIOR TO REGISTRATION - THERE ARE NO EXCEPTIONS AND AN ATHLETE WILL NOT BE ABLE TO MOVE ON TO REGIONAL OR NATIONAL COMPETITION WITHOUT THIS PROCESS \*\*\*\*\***

## WAIVERS INTO REGION 1 MEET

Hammer & Multi-Events (Triathlon, Pentathlon, Heptathlon & Decathlon) will not be contested at this Association meet. Athletes wishing to compete in these events at the Region 1 meet must do the following:

- Register & pay for the meet via the above instructions for Athletic.net
- Send an email to [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org) stating you are requesting a waiver to the Region 1 Meet. Include your full name, Membership #, D.O.B. and the event you wish to compete in by June 14th at 8pm.

With prior approval of the Meet Director and Youth Chair, Athletes who are unable to attend the Adirondack Association meet (due to certain approved circumstances) may request a waiver to advance to the Region 1 meet **as long as this does not displace** a top 8 finisher from the Association meet. Requests must be submitted by June 14th at 8pm and are **NOT GUARANTEED**. Requests must be emailed to [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org). Athletes will be notified before 10pm June 14th via email whether or not the waiver has been granted and your instructions to follow. You must include your full name, Member#, D.O.B., event or events you wish to compete in and reason why you are requesting to be waived on.

## REGISTRATION CHECK-IN AND BIB PICK UP (Day of meet only - Starting at 11:00am)

A Coach from each Member Club is requested to pick up the entire Member Clubs Bibs and sign the packet out. All Unattached Athletes or parent/guardian of said Athlete will be responsible for picking up their own Bib.

**\*\*\*There will be no day of entries.\*\*\***

## COMPETITION BIB NUMBERS

All competitors must wear their assigned Bib numbers during competition and on the front on their shirts only (Pole Vaulters & High Jumpers may wear Bib on back of shirt). Bib numbers will be distributed at meet Registration Check-In. Lost or destroyed Bib numbers will result in a \$25.00 replacement fee for each Bib replaced.

## COACHES

Only coaches who have been listed on the USATF COACHES REGISTRY and have a **Green** check mark will be given a wristband. This allows only those coaches access to the infield/competition area to help athletes get their marks or ask questions. The coaches need to leave the area prior to competition. The infield is not a spectator area for coaches. [Coaches Registry List](#) (have an active USATF membership number, USATF background check, SafeSport training certification and meet the Education Standard). Please follow the guidelines to be placed on the Coaches Registry as soon as possible.

**\*\*\*Any coach or parent without a wristband in the infield, clerking area or any other restricted area may result in the immediate disqualification of their athlete and or team.**

Coach and Volunteer wristbands can be picked up at the registration tent on day of the meet. A State or Government issued ID is required to pick up your wristband and a Waiver of Liability must be signed.

**\*\*\*Coaches who are not listed on the USATF COACHES REGISTRY prior to June 17rd, 2023 WILL NOT HAVE ACCESS to the infield/competition area and will not receive a wristband due to the new National Regulations\*\*\***

## IMPLEMENT WEIGH-IN

At Weights and Measures Tent. Weigh-In will open at 11:00am

**\*\*\*All competitors are responsible for bringing their own implements\*\*\***

## RUNNING AND FIELD EVENT CHECK-IN

Runners must check in at the Clerking tent when called. Field Athletes must check in at their Field event locations. Athletes will be required to remain in the designated area after check in unless there is an event conflict. Field event competitors who are also in running events must check out with the Field event Official and check back in on return with the Field event Official within 10 minutes of the running event completion. Current bar heights will be held for only 10 minutes after the running event. Missed trials may only be taken if the competitor returns before the final round or before the competition ends. In Pole Vault and High Jump, the bar cannot be lowered after the competition begins.

**\*\*\*\*\*ONLY ATHLETES WILL BE ALLOWED IN THE CLERKING AREA - NO COACHES OR PARENTS \*\*\*\*\***

## EVENT RESULTS

During competition, event results will be posted near the Awards tent. In addition live event results may be available.

## PROTESTS

Protest forms and a \$100 protest fee must be submitted to the Protest 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.

## AWARDS

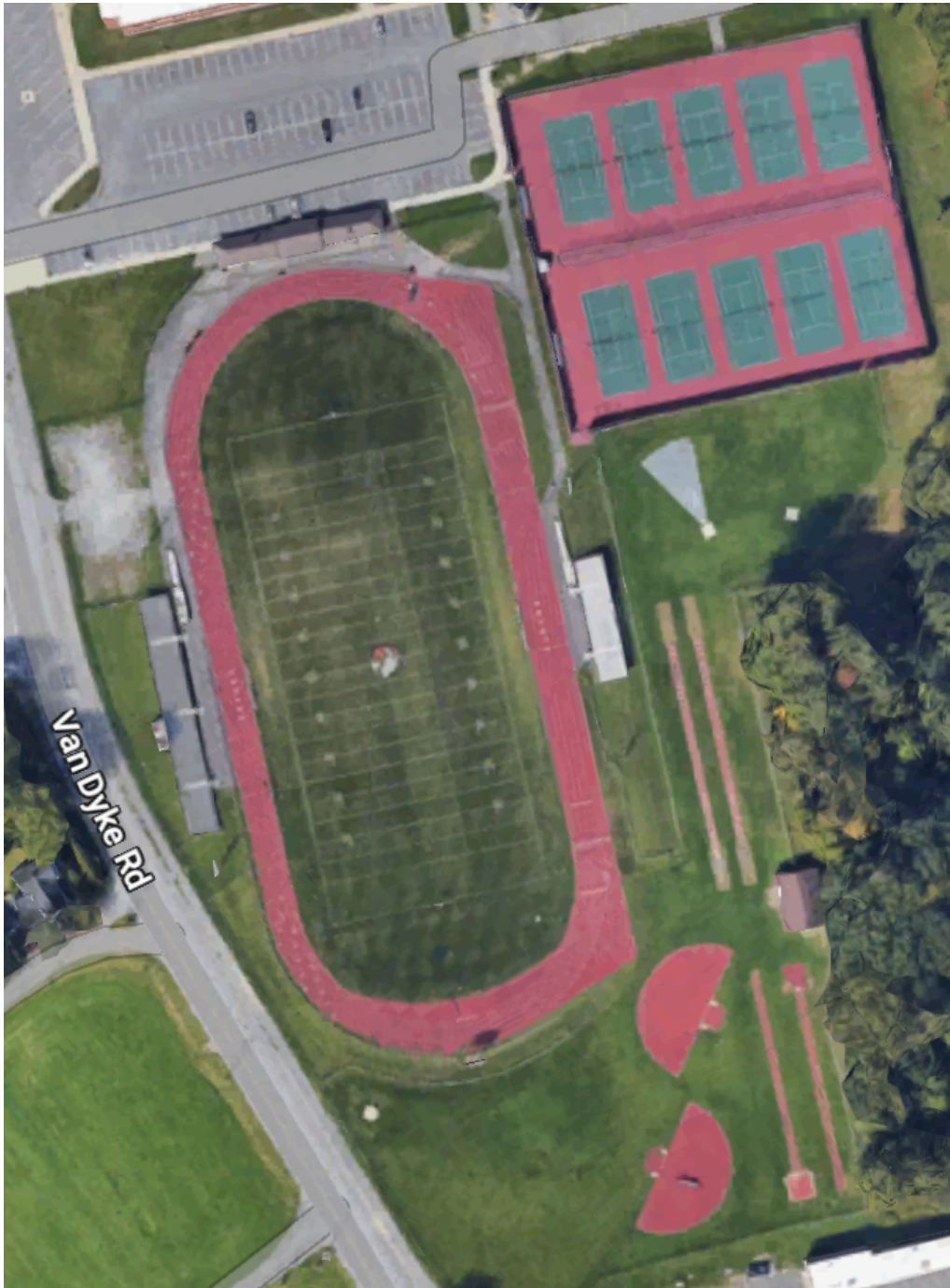
USATF Junior Olympic medals will be awarded to the top three (3) individuals, 4th - 8th place will receive Association Ribbons. Relay teams will be awarded the same in each relay event of each age division (all team members will receive their respective award).

## **RULES – CONDUCT & FACILITY:**

**Only ¼” Spikes are allowed**

The following is prohibited:

- Alcohol
- Smoking/open flame
- Glass containers
- Food/Gum on the Track or the Infield
- Pets
- No liquids other than Water or Sports drinks are allowed on the Track surface or the Infield
- COMPETITORS MAY NOT POSSESS OR USE ELECTRONIC DEVICES INCLUDING, BUT NOT LIMITED, TO CELL PHONES, HEADPHONES, AND COMPUTERS IN THE COMPETITION AREAS OR INFIELD.



**USATF ADIRONDACK ASSOCIATION JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS  
JUNE 18, 2023 - BETHLEHEM HIGH SCHOOL**

**SCHEDULE OF EVENTS**

Age groups may be combined at the discretion of the Meet Director due to low entries

Running events will start process through age groups with Girls starting first then Boys

\*\*\*ALL EVENTS RUN IN ORDER AND NOT ON TIME - PLEASE ARRIVE EARLY \*\*\*

**11:00am Registration/Check-in opens**

**11:30am Coaches Meeting**

**12:00pm Track & Field events Start**

**TRACK SCHEDULE**

12:00 PM (Rolling Order)

**1500 Meter Race Walk** (9-12 G/B) Combined with

**3000 Meter Race Walk** (13-18 G/B)

**80 Meter Hurdles** (11-12 G/B)

**100 Meter Hurdles** (13-14 Girls)

**100 Meter Hurdles** (15-18 Girls, 13-14 Boys)

**110 Meter Hurdles** (15-18 Boys)

**4 x 800 Meter Relay** (11-18 G/B)

**100 Meter Dash - Trials** (all age divisions G/B)  
(They will run as Finals if 8 or less athletes)

**3000 Meter Run** (11-18 G/B)

**4 x 100 Meter Relays** (all age divisions G/B)

**1500 Meter Run** (all age divisions G/B)

**100 Meter Dash - Finals** (all age divisions G/B)

**400 Meter** (all age divisions G/B)

**2000 Meter Steeplechase** (15-18 G/B)

**400 Meter Hurdles** (15-18 G/B)

**200 Meter Hurdles** (13-14 G/B)

**800 Meter Run** (all age divisions G/B)

**200 Meter Dash** (all age divisions G/B)

**4 x 400 Meter Relay** (all age divisions G/B)

**FIELD EVENTS**

12:00 PM

**Pole Vault** (13-18 G/B)

**Shot Put** (Girls 8 and under, 9-10, 11-12)

**Long Jump** (Girls 13-18 - Pit #2)

**Long Jump** (Boys 8 and under, 9-10 - Pit # 1)

**Discus** (Girls 11-18)

**High Jump** (Girls 9-18)

1:00 PM

**Shot Put** (Girls 13-18)

**Long Jump** (Girls 11-12 - Pit # 2)

**Long Jump** (Boys 11-12 - Pit # 1)

**Discus** (Boys 11-18)

**High Jump** (Boys 13-18)

2:00 PM

**Shot Put** (Boys 8 and under, 9-10)

**Long Jump** (Girls 8 and under, 9-10 - Pit # 2)

**Long Jump** (Boys 11-12 - Pit # 1)

**High Jump** (Boys 9-10, 11-12)

**Mini Javelin** (Boys 8 and under, 9-10, 11-12)

3:00 PM

**Shot Put** (Boys 11-18)

**Triple Jump** (Girls/Boys 13-18 - Pit # 1)

**Mini Javelin** (Girls 8 and under, 9-10, 11-12)

**Javelin** (Girls/Boys 13-18)

## **LONG AND TRIPLE JUMPING EVENTS**

There will be NO run backs for Long Jump and Triple Jump from the Board to get a mark. A common tape measure along the runway will be available to obtain measure for marks.

**THROWING EVENTS**, all implements must be checked and approved by an official before the athlete can check into the event. Please have implement checks done between 11:00 AM and 12:00 PM.

For horizontal jumps and throws, athletes will have 3 preliminary attempts and 3 additional attempts if they are in the top 9 after the preliminary events. All competitors will be given 6 attempts if there are 9 or less competitors in the age division.

Listen carefully to the call for each event by the announcer so the athlete can report to the clerk (running events) or field event official at least 15 minutes prior to the start of the event.

If any youth clubs will be entering teams for any of the relays, a final relay entry form must be completed and turned into the clerk no later than 1 hour before the start of each relay event. The 4x100M and 4x400M relays are open to all age groups while the 4x800M relay is open to age groups 11-12, 13-14, 15-16 and 17-18. Relay teams can only be club members and those athletes can only run on relay teams in their age division.

## **ADVANCEMENTS**

The top 8 individuals and relay teams in each event of each age division will advance to the USATF Region 1 Championships to be hosted by the Adirondack Association at Taconic Hills HS Craryville, NY on July 7-9, 2023. Advancements must be completed by registering for your Region 1 events on **Athletic.net**. once all Associations have completed their meets and the Region 1 registration opens.

The USATF National Junior Olympic Championships will be held from Monday, July 24th to Sunday, July 30th in Eugene, OR at the newly renovated Hayward Field

The top 5 athletes at the Region 1 Championships will qualify to compete in the National Championships. In combined events the top 2 athletes will qualify. Information is available at: <http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp>

## **VOLUNTEERS**

All full time Volunteers must have a Current USATF Membership, USATF Background Screen, SafeSport Training Certification and be validated by June 17th 2023. All Volunteers will be required to check in at Registration and sign a site waiver prior to receiving a wristband. These Volunteers may serve in any event role assigned by the Meet Director which may be a role of full contact with athletes and a role of authority. Please express at the time of assignment of any conflicts or complications.

\*\*\*New - USATF Restricted Volunteer Program \*\*\*

This will allow an individual from age 15 and older to Volunteer for a maximum of 3 events in a calendar year in a Non Authoritative role and under the supervision of a USATF Volunteer Supervisor.

To be a part of the USATF Restricted Volunteer Program you must do the following:

1. Fill out a USATF Restricted Volunteer Application
2. Sign a Volunteer Waiver and Release of Liability
3. Follow All USATF SafeSport and Volunteer Guidelines
4. Provide a Government ID and sign in to acquire a wristband

If you are interested in Volunteering for the event please send an email to [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org)

**PLEASE REMEMBER...THIS MEET IS PUT ON BY BOARD MEMBERS, SPORTS CHAIRS AND VOLUNTEERS, ALL OF WHOM HAVE FULL TIME JOBS OUTSIDE TRACK & FIELD. PLEASE BE PATIENT WITH YOUR REQUESTS. WE WANT TO GET YOU ACCURATE INFORMATION. PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO REGISTER ALL DEADLINES ARE FIRM.**

**VOLUNTEER Handbook:** [Handbook](#)

**SAFESPORT Handbook:** [Handbook](#)

**2023 Competition Rules:** [2023 Rule Book](#)

**FOR MORE INFORMATION** please contact [youth@adirondack.usatf.org](mailto:youth@adirondack.usatf.org)