

**updated: July 1 at 5:30 pm
adjusted Steeplechase and Discus start times**



**2023 USATF Region 1
Junior Olympic
Track & Field
Championships**

**Taconic Hills High School
73 County Route 11A Craryville, NY 12521
July 7,8, & 9**

This information is of June 14, 2023

It may be updated on a weekly basis, schedule times may change

Thank you for joining us for the 2023 Region 1 Junior Olympics competition. Enclosed is the information packet. Any updates to this packet will be listed below. If you have any questions about the event, please email youth@adirondack.usatf.org

*****We are waiting for confirmation on 2 High Jump Pits - please note the 2 versions of the schedule depending on this information. (as of 6/14/23)**

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2023 Region 1 Junior Olympic Championships Schedule of Events

Taconic Hills High School - 73 County Route 11A - Craryville, NY 12521

July 7,8,9, 2023

AGE GROUPS: (Age as of December 31,2023)

Group 1: 7-8 years old Born (2016-2015)

Group 2: 9-10 years old Born (2014-2013)

Group 3: 11-12 years old Born (2012-2011)

Group 4: 13-14 years old Born (2010-2009)

Group 5: 15-16 years old Born (2008-2007)

Group 6: 17-18 years old Born (2006-2005)

- Athletes born in 2004 may compete if they turn 19 yrs old July 31st - Dec 31 2023

Games Committee:

Molly Goodrich- Adirondack Association Youth Chair

John Pusateri- Adirondack Association Treasurer

Steve George - Adirondack Association Officials Chair

Kristin Hislop - Adirondack Association President

Christen Lil - Adirondack Association Representative

Peter Crapsy - Region 1 Coordinator, New England Association Youth Chair

Steve Vaitones - Managing Director New England Association

John Pedula - New York Association Youth Chair

Directions to Taconic Hills High School

Taconic Hills HS is on the East side of the Hudson River and approximately 48 miles South of Albany, 120 miles North of New York and just a few miles West of the Massachusetts border.

- **Points heading North:** North on Taconic State Parkway, Exit and turn Right onto County Rt 10 in Taghkanic, travel 3.1 miles, turn Left onto County Rt 27, travel .2 miles and turn Right onto County Rt 11, travel 4 miles then continue Straight onto County 11A and the High School is on the Right.
- **Points heading South:** Interstate 90 to South on the Taconic State Parkway, travel 16.3 miles then take Exit 88 - for NY23 heading East toward Hillsdale, travel 3.8 miles then turning right onto County Rt 11A, the High School is on the Left
- **Points heading West:** Depending how North or South of the School you are you can follow directions respectfully from above. Also could be traveling West on NY 23 and 4.2 miles on the Left is County Rt 11A then the HS is on your Left.
- **Points heading East:** Likely you will have crossed the Hudson River and then you can follow directions for North or South from above.

***** GPS Location - 73 County Route 11A Craryville, NY 12521*****



Qualifying for Region 1 Championships:

- 1) The Following Associations compete in the Region 1 Championship:
Adirondack, Connecticut, Long Island, Maine, New York, New England.
- 2) The top 8 Boys & Girls in each event at each Association Meet may advance to Region1.
- 3) Any waivers approved by an Association must be properly entered through Athletic.net
- 4) Athletes in Divisions 1-2-3 (7-8, 9-10, 11-12) may enter a maximum of 3 events.
- 5) Athletes in Divisions 4-5-6 (13-14, 15-16, 17-18) may enter in a maximum of 4 events.
- 6) Relays count as 1 event if you are a competitor or an alternate.
- 7) Combined Events (Dec, Hep, Pent, Tri) count as an individual event.
- 8) All entrants must have been approved through an athlete's Association

Entry Procedure:

- 1) All entries are through the online registration at Athletic.net [-register](#)
- 2) Entry closes Wednesday, July 5, at 12:00 noon
- 3) LATE ENTRIES WILL NOT BE ACCEPTED

Entry Fees:

Individual Events \$9, Relays \$36, Triathlon/Pentathlon \$17, Heptathlon/Decathlon \$22

Check-In:

- 1) Bib pick-up is at the registration area outside of track at 8:00am each day
- 2) Each Association will receive a packet and then will be responsible for Bib distribution of their respective athletes
- 3) Bib numbers will be distributed at packet pick-up.
- 4) All athletes will have a bib number assigned to them in order to compete.
- 5) Athletes must only wear their own number.
- 6) Bib numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer.
- 7) Lost or forgotten Bib numbers will result in a \$10.00 replacement fee for each number replaced.
- 8) For all running and race walking events, athletes will be assigned a hip number at check in with the Clerk of the Course for final seeding. Hip numbers must be worn on the left hip. Shirts must be tucked in so hip numbers are visible by camera at finish line

Coaches:

Only coaches who are listed **CURRENT** on the Coaches Registry by 7/5/23 will be given a wristband. This allows THAT coach 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.

- 1) Any coach or parent in the infield or clerking area may result in the disqualification of their athlete/team.
- 2) Any parent or non-2023 USATF Coaches Registry Coach in any other restricted area without a wristband may result in the immediate disqualification of their athlete/team.
- 3) Wristbands can be picked up at the coaches table in the registration area.

Relay Uniforms:

All 4 Relay team members must have the same color shorts and same color top. Uniforms and baton will be checked in the Clerking area at the time the event is being Clerked. Teams face disqualification if standards are not met.

Equipment:

- 1) Implements for all throwing events will be checked at the implement inspection tent. There are specific times that implements will be checked.
- 2) Implements not weighing in will be impounded.
- 3) Athletes are responsible to bring their own equipment. No equipment will be provided.
- 4) All starting blocks will be provided by the facility. Personal starting blocks are not permitted.

Implement Inspection Times:

Implements will only be checked during these times. Please plan accordingly. If an implement is not checked, it cannot be used. (Note: implements can be checked at any point before the event. It does not have to be done on the day of the event).

*** Friday, Saturday, Sunday - 8:30 am - 12:00 pm - Tent located outside of Track

Results:

Results will be posted as soon as possible after the completion of events. Results will also be posted on-line throughout the event.

Timing services provided by *Underdog Race Timing*

Athlete Flow/Clerking Procedure:

- 1) Designated warm-up areas will be announced
- 2) First call for track events will be made approximately 60 minutes prior to the event, with a second and final call made approximately 30 minutes prior to the scheduled start time.
- 3) Clerks will escort athletes to the starting lines.
- 4) Athletes are to check in with the Head Official of each field event area.
- 5) Athletes are not permitted to leave the clerking area or the field event area once the final call has been made without permission of the Head Clerk or Head Official and being escorted by a Marshall.

Protests:

- 1) Protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. This time period will be strictly enforced.
- 2) There will be a \$100.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld.
- 3) Only violations of the USATF 2023 Rules of Competition may be protested.
- 4) Judgment calls made by meet Officials and Games Committee cannot be protested.
- 5) Protests that do not meet the above criteria will not be accepted.
- 6) The protest must be handed to either one of the Meet Directors or Head Official

Medical:

There will be qualified personnel available at all sessions of the Championships. Medical Staff who will handle injuries only will be located near the Clerking area. There is no taping or massage available. All local first responders will be notified of our event and will be on stand-by.

WATER will be available at multiple locations.

Advancement to National Championships:

- 1) In all Individual events, the top 8 finishers in each event may advance to the National Championships. (2023 temporary decision justified by Rule 306 (g))
- 2) In all Relays, the top 5 finishers in each relay may advance to the National Championships.
- 3) In the Combined Events, the top 2 girls and top 2 boys may advance to the National Championships. If achieving a specific National standard (available online), a third athlete may advance.
- 4) Registration to JO Nationals will be open once all Regional events are completed.

Lodging

We are very sorry, unfortunately we are in peak travel season in The Berkshires and lodging accommodations were not willing to offer discounts. You may be able to get a discount by booking as a team and meeting their booking minimum for a group.

Close to Great Barrington, nationally rank in the "foodie towns"
Fairfield Inn & Suites by Marriott Barrington/Berkshires/Lenox
Quality Inn Great Barrington
Travelodge by Wyndham Great Barrington/Berkshires
Econo Lodge Lee/Great Barrington

Right off I-90 exit B-3 on Route 22- Austerlitz, NY
Berkshire Travel Lodge

OTHER INFORMATION:

Awards:

Awards will be available at the Awards table a minimum of 30 minutes after the results have been posted NOTE: The 30 minute waiting period is to allow processing time in case a protest is filed regarding an event result. Medals are awarded to the overall top 5 places in each event.

Access to Region 1 Championship meet:

- 1) There is no admission charge
- 2) There is no charge for parking. All cars need to park in one of the school lots or overflow in the Bus Garage lot. There will be no roadside parking and cars will be towed at the owner's expense.
- 3) The Taconic Hills Central School District and USATF Adirondack are not responsible for lost or stolen items.

Stadium Rules:

Athletes may ONLY bring water onto the infield; no other beverages or food are allowed. NO ELECTRONIC DEVICES ARE ALLOWED WITH COMPETITORS OR COACHES ON THE INFIELD.

Tents are permitted in specific, designated areas outside the track. There are no tents allowed in the bleachers.

There is no smoking or pets allowed inside or immediately outside the stadium.

Coolers are permitted on the bleachers. Glass containers ARE NOT PERMITTED.

Please remove any alcohol, tobacco or glass before entering the stadium.

Concessions:

Food and beverages will be sold throughout the meet.

- 1) You may bring your own food and drink into the stadium but you may not bring in glass containers. No grills or fires.
- 2) When you leave, you must remove anything you brought in with you - carry in, carry out.
- 3) For your convenience, plastic trash bags and trash cans will be available throughout the facility for garbage disposal. Do NOT leave piles next to trash cans.

Event T Shirts: will be sold on site by FineDesign

Lost and Found will be located at the registration area.

Questions:

Please forward questions via email to: youth@adirondack.usatf.org

Schedule of Events

Friday July 7th

Combined Events Schedule

9:30AM

Decathlon 15-18B will compete together

Events will follow in order with appropriate rest intervals between events.

100 Meter Dash

Long Jump

Shot Put

High Jump

400 Meter Dash

9:30AM

Triathlon 2B & 2G will contest together

Shot Put

High Jump

400 Meter Dash Boys - 200 Meter Dash Girls

9:45AM

Heptathlon 15-18G will contest together

Events will follow in order with appropriate rest intervals between events.

100 Meter Hurdles

High Jump

Shot Put

200 Meter Dash

10:00AM

Pentathlon 3G & 4G will compete together

80M Hurdles/100 Meter Hurdles

Shot Put

High Jump

Long Jump- 1 pit - ages combined

800 Meter

11:15AM

Pentathlon 3B & 4B will compete together

80M Hurdles/100 Meter Hurdles

Shot Put

High Jump

Long Jump- 1 pit - ages combined

1500 Meter

Friday July 7th

Track Schedule

All track events Girls followed by Boys, youngest to oldest

12:00PM 2000m Steeplechase (4G,5G,6G-30", then 4B-30' then 5B,6B-36")
1:00PM 4X800m Relay (may combine age groups)
Combined Track events will be held on the track between 4X800 and the 3000m
4:15PM 3000m

Field Event Schedule

10:00AM Hammer 5G & 6G combine
12:00PM Hammer 5B & 6B combine
2:00PM Pole Vault 4G,5G,6G followed by 4B,5B,6B

Saturday, July 8th

Combined Event Schedule

All events Girls and Boys, Youngest to Oldest
If 8 or fewer report in hurdles/dash, finals run at trials time

9:30AM **Decathlon 15-18B** will compete together

Events will follow in order with appropriate rest intervals between events

110 Meter Hurdles
Discus Throw
Pole Vault
Javelin Throw
1500 Meter Run

9:30AM **Heptathlon 15-18G** will compete together

Events will follow in order with appropriate rest intervals between events

Long Jump
Javelin Throw
800 Meter Run

Track Schedule

9:40 AM 200M Hurdles
10:00 AM 400M Hurdles
10:10 AM 1500M Race Walk B/G - all ages combined
10:30 AM 3000M Race Walk B/G - all ages combined
12:00 PM 80M Hurdles Finals
12:30 PM 100M Hurdles Finals
12:50 PM 110M Hurdles Finals
1:00 PM 100M Trials
3:00 PM 1500M Finals (ages may be combined)
4:00 PM 100M Finals
4:30 PM 400M Finals

Saturday, July 8th**Field Event Schedule**

Start Time	Event	Location	Location
9:30 AM	Long Jump	Pit#1-2B	Pit#2 - 2G
9:45 AM	High Jump Discus Shot Put Mini Javelin	Pit#1-3B 4B 5G & 6G 1G	Pit#2 - 3G
11:00 AM	High Jump Long Jump Discus Shot Put Mini Javelin	Pit#1-4B Pit#1-3B 5B 2G 1B	Pit#2 - 4G Pit#2 - 3G
1:00 PM	High Jump Long Jump Discus Shot Put Mini Javelin	Pit#1-2B Pit#1-1B 6B 4G 2G	Pit#2 - 2G Pit#2 - 1G
2:15 PM	High Jump Long Jump Discus Shot Put Mini Javelin	Pit#1-5B & 6B Pit#1-4B 3B 3G 2B	Pit#2 - 5G & 6G Pit#2 - 4G
3:30 PM	Long Jump Shot Put Aero Javelin	Pit#1-5B 1G 3G	Pit#2 - 5G
4:30 PM	High Jump Long Jump Shot Put Aero Javelin	No High Jump Pit#1-6B 1B 3B	No High Jump Pit#2 - 6G

Sunday, July 9

Track Schedule

(All track events Girls then Boys, Youngest to Oldest)

- 9:30 AM** 4X100 Relays (some ages may be combined)
- 12:00 PM** 800M Finals
- 1:45 PM** 200M Finals (No trials)
- 2:15 PM** 4X400 Relays (some ages may be combined)

Field Event Schedule

Start Time	Event	Group	Group
9:30 AM	Triple Jump Shot Put Discus Javelin	Pit#1 - 4B 5B/6B 3G 5G/6G	Pit#2 - 4G
11:00 AM	Triple Jump Shot Put Discus Javelin	Pit#1 - 5B 2B 4G 4B	Pit#2 - 5G
12:30 AM	Triple Jump Shot Put Discus Javelin	Pit#1 - 6B 3B 5G 4G	Pit#2 - 6G
2:00 PM	Shot Put Discus Javelin	4B 6G 5B/6B	