



2011 USATF DAKOTAS Association Junior Olympic Track & Field Championships



June 9, 10 & 11, 2011

Swisher Complex, Aberdeen Central High School, Aberdeen, SD

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions

Sub-bantam (born 2003+)
Bantam (born 2001-2002)
Midget (born 1999-2000)
Youth (born 1997-1998)
Intermediate (born 1995-1996)
Young (born 1993-1994)
* athletes born in 1992 are also eligible if they do not turn 19 on or before 7/31/2011



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 Sub-bantam, Bantam and Midget divisions may compete in a maximum of three (3) events, including relays. Competitors in the Youth, Intermediate, and Young 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 2011 members of USATF in good standing.

Relay Teams: Only registered 2011 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 and select "Products/Services" to become a member.

ENTRY PROCESS:

Individual Entries: **\$5** per Unattached athlete, **\$5** per Team member

Relay Entries: **\$10** per relay team

Decathlon/Heptathlon: **\$10** per athlete

Triathlon/Pentathlon: **\$10** per athlete

Open & Masters – See printable Registration at www.aberdeenarearunningclub.com

REGISTRATION IS ON LINE:

Club Administrators and Unattached Athletes should register online at

http://usatfregistration.com/meet/entry/sd_usatfyouth52/ by **6/8/2011 at 11:59 pm**. **Late entries will not be allowed. Fees must be paid at Check In by 11 am on the day of the event.** Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Coach O for accuracy prior to submitting entry.

Valid 2011 USATF Membership and Proof of Birth is needed to compete. For AGE VERIFICATIONS, either attach a copy of the proof of age with email to gaylanlang@abe.midco.net or fax it to 605-229-4994. This can be 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.

AWARDS: USATF Junior Olympic medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division.

ADVANCEMENTS: The top **6** individuals and relay teams in each event of each age division will advance to the USATF Region **8** Championships to be held on **July 7-10, 2011** at Hamline University, St. Paul, Minnesota. Advancements must be completed by registering on line. The link for this on line registration will be posted at www.aberdeenarearunningclub.com in the week following the Dakotas Championships.

The National Championships will be held from Tuesday, July 26 to Sunday, July 31 at Cessna Stadium, Wichita State University – Wichita, KS. The top 5 athletes at the Region **8** Championships will qualify for the National

Championships. Information is available at:

<http://www.usatf.org/events/2011/USATFJuniorOlympicTFChampionships/>.

SCHEDULE:

Combined Events – Day 1 – June 9, 2011

2 PM Decathlon (100,LJ,SP,HJ,400m) IB,YM, Open Men
Heptathlon (100H,HJ,SP,200) IG,YW, Open Women

Combined events – Day 2 – June 10, 2011

9 AM Decathlon (110H,Discus,PV,Javelin,1500)
Heptathlon (LJ,Javelin,800m)
2 PM Pentathlon (100H,LJ,SP,HJ,800m/1500m) MG,MB,YG,YB
Triathlon (SP,HJ,200/400) SBG,SBB,BG,BB

Track & Field – Day 3 – June 11, 2011

Field Events Schedule – June 11, 2011

Noon Pole Vault - MG,YG,IG,YW
High Jump - SBG,BG,MG,YG,IG,YW
Long Jump - SBB,BB,MB,YB,IB,YM
Long Jump - SBG,BG,MG,YG,IG,YW
Shot Put - SBG,BG,MG,YG,IG,YW
Javelin - SBB,BB,MB,YB,IB,YM

2 PM Pole Vault - MB,YB,IB,YM
High Jump - SBB,BB,MB,YB,IB,YM
Triple Jump -MG,YG,IG,YW
Triple Jump - MB,YB,IB,YM
Shot Put - SBB,BB,MB,YB,IB,YM
Javelin - SBG,BG, MG,YG,IG,YW

3 PM Discus - MG,YG,IG,YW

Hammer Throw IB,YM

4 PM Discus - MB,YB,IB,YM

Hammer Throw - IG,YW

*Open Women & Master Women

follow YW in field events.

*Open Men & Master Men

follow YM in field events

Running Schedule – June 11, 2011

SBG,SBB,BG,BB,MG,MB,YG,YB,IG,IB,YW,YM

*Open W&M,*Masters W&M

1PM 2000m Steeple Chase IG,IB,YW,YM

3000m run MG, MB,YG,YB,IG,IB,YW

5000m run YM,Open,M&W,Masters M&W

4X100 relay All Age Groups

80m hurdles MG,MG

100m hurdles YG,YB,IG,YW

110m hurdles IB,YM

100m dash All Age Groups

400m dash All Age Groups

4X800 relay MG,MB,YG,YB,IG,IB,YW,YM

200m dash All Age Groups

800m run All Age Groups

200m hurdles YG,YB

400m hurdles IG,IB,YW,YM

1500m run SBG,SBB,BG,BB,MG,MB,YG,YB,IG,IB,YW,YM

4X400 relay SBG,SBB,BG,BB,MG,MB,YG,YB,IG,IB,YW,YM

1500m Race Walk BG,BB,MG,MB

3000m Race Walk YG,YB and older

IMPLEMENT WEIGH-IN: At the Check In table.

June 9 & 10, 2011-12 PM – 1 PM.

June 11, 2011- 10 AM - 11 AM.

EVENT CHECK-IN: There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

EVENT RESULTS: During competition, event results will be posted near the Concessions. In addition, event results will be posted at www.aberdeenarearunningclub.com

PROTESTS: There will be a \$25 fee for all protests. Protests 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.

RULES – 2011 USATF Youth Competition Rules, 2011 USATF Competition Rules (Open and Masters)

GATE ADMISSION FEES: FREE Admission

DIRECTIONS & PARKING: from US Highway 12, turn South on Roosevelt Street. Continue for 1 mile, then cross Melgaard Road. Enter to the right at the High School parking lot. Call 605-380-2720 for directions

CONTACT: Gaylan Lang Phone Number: 605-380-2720 E-mail: gaylanlang@abe.midco.net