



**Central California Association USATF  
Central CA Junior Olympic Track & Field Championship**

**Saturday, June 21, 2014**

**Lemoore High School**

101 E Bush Street  
Lemoore, Ca. 93245

Meet Directors: Tikee Miller  
(661) 444-6634 tikeemiller@yahoo.com

Online registration at [www.coacho.com](http://www.coacho.com). **NO LATE REGISTRATION**  
**Deadline to register is Thursday, June 19<sup>th</sup> at 9 pm**

**Registration Process**

**Cost per athlete is \$6.00 per event entered (no refunds)**

**Age Groups**

Group 1, 8 years old and younger  
Group 2, 9-10 years old  
Group 3, 11-12 years old  
Group 4, 13-14 years old  
Group 5, 15-16 years old  
Group 6, 17-18 years old

\$3.00 entry fee to stadium for non-athletes. Athletes with bib, coaches with 2014 USATF background clearance, and officials enter free.

**Club/Unattached: Athlete Packet Pick-up start at 7am June 21st at stadium.**

**Result posting will be posted at a designated location during the meet as soon after the completion as possible.**

**Athlete check in: Athlete can check in all day long, check-in sheets will be pulled 30 minutes prior to each event.**

**Implements: Personal implements must be passed by weights and measures official.**

**Spikes 3/16" Maximum pyramid**

. Bib Numbers & Hip Numbers - Bib numbers will be distributed at packet pick-up. All athletes will have a bib number assigned to them in order to compete. Athletes must only wear their own number.

1. 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.

2. Lost or forgotten bib numbers will result in a \$5.00 replacement fee (each time it is replaced)

3. For all running and race walking events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding

. Hip numbers must be worn on the correct hip (hip facing infield while competing - not the butt or the front of the shorts). Shirts must be tucked in so hip numbers are visible by camera at finish line

. In some of the longer distance races hip numbers may also be placed on the front of the shirt to assist with lap counting

#### **Protest Table**

All 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. There will be a \$50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the USATF 2014 Rules of Competition may be protested. Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. The location of the protest table will be announced.

## Awards

. Awards will be available for pick up by a designated club coach or parent of unattached athlete at the Awards table 30 minutes after the results have been posted

1. Athletes can pick up their own awards
  2. 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 three places in each event.

## Medical Services & Security

There will be qualified personnel available at all sessions of the championships. Additional medical facilities are within minutes of the stadium and the local Fire Department and Rescue Unit is located minutes from the stadium.

## Stadium Rules

Access to infield / Clerk of Course area: Only athletes who are competing will be allowed access to the track or Clerk of the Course area

1. Any coach or parent in the infield or clerking area will result in the immediate disqualification of their athlete/team.
- . Access to warm-up area: Only athletes and coaches with 2014 clearance will be allowed access to this area.
2. Any parent or non-2014 USATF coach in the warm-up area may result in the immediate disqualification of their athlete/team.

. Tents - Allowed on the top row of the bleachers only but cannot block the announcer's area. Tents must be broken down and removed from the stadium at the completion of competition each day. Lemoore High School and USATF are not responsible for lost or stolen items

. Alcohol - There is no alcohol permitted on school grounds

. Smoking - The school is a SMOKE FREE ZONE. There is no smoking allowed inside or immediately outside the stadium

. Coolers - Permitted inside the stadium; however, GLASS CONTAINERS in the coolers ARE NOT PERMITTED. Coolers will be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium

. Parking - There will be FREE PARKING available at and around the competition site at Lemoore High School.

. Food Services - Food and beverages will be sold throughout the meet. You may bring your own food and drink into the stadium but you may not bring in glass containers. When you leave, you must remove anything you brought in with you.

For your convenience, plastic garbage bags and garbage cans will be available throughout the facility for garbage disposal

1. BBQ pits and sunflower seeds are not allowed in the stadium

Lost and Found - A lost and found area will be located near the protest table

Event shirts will be sold on location.

Advancement:

1. Region 14 track and field championship: go back to coach o after meet and register.

2. National JO's registration process for the National JO's:

You will need to go back on [www.coacho.com](http://www.coacho.com), within 24 to 48 hours of our July 5th & 6th event to enter your athletes in the National JO Events. It will be up to you to register for the Nationals as registration is now done on-line. If you have any questions please contact us before you leave Lemoore High School on July 5th or 6th.

<http://www.usatf.org/Events---Calendar/2014/USATF-National-Junior-Olympic-Track---Field-Champi.aspx>

NOTE:

All events will be run as finals if no heats are required.

Events will be contested girls first then boys unless otherwise designated

**Central CA Junior Olympic Track & Field  
Championships  
Lemoore High School**

**Event Schedule  
Saturday June 21, 2014**

| <b>Event</b>          |   | <b>Time</b>             |  |
|-----------------------|---|-------------------------|--|
| 400m Dash Finals      | 7-8 through 17-18 Girls /<br>Boys Group 1-6   | 9:00 (running schedule) |  |
| 3000 Meter Run Finals | 11-12 through 17-18 Girls /<br>Boys Group 3-6 |                         |  |
| 100m Dash Trials      | 7-8 through 17-18 Girls /<br>Boys Group 1-6   |                         |  |
| 800m Run Finals       | 7-8 through 17-18 Girls /<br>Boys Group 1-6   |                         |  |
| 1500m RW Finals       | 9-10 and 11-12 Girls / Boys<br>Group 2, 3     |                         |  |
| 3000m RW Finals       | 13-14 through 17-18 Girls /<br>Boys Group 4-6 |                         |  |
| 100m Dash Finals      | 7-8 through 17-18 Girls /<br>Boys Group 1-6   |                         |  |
| 80m Hurdle Trials     | 11-12 Girls / Boys Group 3                    |                         |  |
| 100m Hurdle Trials    | 13-14 Girls / Boys Group 4                    |                         |  |
| 100m Hurdle Trials    | 15-16 Girls, 17-18 Girls<br>Group 5, 6        |                         |  |
| 110m Hurdle Trials    | 15-16 Boys, 17-18 Boys<br>Group 5, 6          |                         |  |
|                       |   |                         |  |

**Central CA Junior Olympic Track & Field  
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**Event Schedule  
Saturday June 21, 2014**

**\*\*Running Schedule\*\***

| <b>Event</b> | <b>Age Group</b> | <b>Time</b> |
|--------------|------------------|-------------|
| Long Jump    | 7-8 Group 1      | 9:00        |
| Long Jump    | 15-16 Group 5    |             |
| Long Jump    | 17-18 Group 6    |             |
|              |                  |             |
| Javelin      | 13-14 Group 4    | 9:00        |
| Javelin      | 15-16 Group 5    |             |
| Javelin      | 17-18 Group 6    |             |
|              |                  |             |
| Shot Put     | 17-18 Group 6    | 9:00        |
| Shot Put     | 9-10 Group 1     |             |
| Shot Put     | 7-8 Group 2      |             |
| Shot Put     | 11-12 Group 3    |             |
| Shot Put     | 13-14 Group 4    |             |
| Shot Put     | 15-16 Group 5    |             |

| <b>Event</b> | <b>Age Group</b> | <b>Time</b> |
|--------------|------------------|-------------|
| Triple Jump  | 13-14 Group 4    | Follwg      |
| Triple Jump  | 15-16 Group 5    | 13-14       |
| Triple Jump  | 17-18 Group 6    | L- jump     |
|              |                  |             |
| High Jump    | 17-18 Group 6    | 9:00        |
| High Jump    | 15-16 Group 5    |             |
| High Jump    | 13-14 Group 4    |             |
|              |                  |             |
| Pole Vault   | 13-14 Grp 4 boy  | 9:00        |
| Pole Vault   | 15-16 Grp 5 boy  |             |
| Pole Vault   | 17-18 Grp 6 boy  |             |

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| <b>Event</b>             | <b>Age Group</b>                              | <b>Time</b>        |
|--------------------------|---|--------------------|
| 4X800 Meter Relay        | 11-12 through 17-18 Girls /<br>Boys Group 3-6 | After 110 H trials |
| 200 Meter Dash Finals    | 7-8 through 17-18 Girl /<br>Boy Group 1-6     |                    |
| 1500 Meter Run Finals    | 7-8 through 17-18 Girl /<br>Boy Group 1-6     |                    |
| 200 Meter Hurdle Finals  | 13-14 Girl / Boy Group 4                      |                    |
| 400 Meter Hurdle Finals  | 15-16 and 17-18 Girl / Boy<br>Group 5, 6      |                    |
| 4x100 Meter Relay Finals | 7-8 through 17-18 Girl /<br>Boy Group 1-6     |                    |
|                          |   |                    |
| 80 Meter Hurdle Finals   | 11-12 Girl / Boy Group 3                      |                    |
| 100 Meter Hurdle Finals  | 13-14 Girls / Boys Group 4                    |                    |
| 100 Meter Hurdle Finals  | 15-16 Girls, 17-18 Girls<br>Group 5, 6        |                    |
| 110 Meter Hurdle Finals  | 15-16 Boys, 17-18 Boys<br>Group 5, 6          |                    |
| 4x400 Meter Relay Finals | 7-8 through 17-18 Girl /<br>Boy Group 1-6     |                    |

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**\*\*Running Schedule\*\***

| <b>Event</b> | <b>Age Group</b> | <b>Time</b> |
|--------------|------------------|-------------|
| Discus       | 17-18 Girl / Boy | 9:00        |
| Discus       | 15-16 Girl / Boy |             |
| Discus       | 13-14 Girl / Boy |             |
| Discus       | 11-12 Girl / Boy |             |

| <b>Event</b> | <b>Age Group</b> | <b>Time</b>           |
|--------------|------------------|-----------------------|
| High Jump    | 11-12 Girl / Boy | After group<br>4      |
| High Jump    | 9-10 Girl / Boy  |                       |
|              |                  |                       |
| Pole Vault   | 13-14 Girl       | After group<br>6 boys |
| Pole Vault   | 15-16 Girl       |                       |
| Pole Vault   | 17-18 Girl       |                       |

| <b>Event</b> | <b>Age Group</b> | <b>Time</b>      |
|--------------|------------------|------------------|
| Long Jump    | 9-10 Girl / Boy  | After group<br>6 |
| Long Jump    | 11-12 Girl / Boy |                  |
| Long Jump    | 13-14 Girl / Boy |                  |
|              |                  |                  |
| Mini Javelin | 7-8 Girl / Boy   | After group<br>6 |
| Mini Javelin | 9-10 Girl / Boy  |                  |
| Mini Javelin | 11-12 Girl / Boy |                  |
|              |                  |                  |



**Central CA Junior Olympic Track & Field  
Championships**

**Event Schedule**

**Please register at coach o, for events below, in order to advance to  
Region 14 JO Track and Field Championship.**

|   |                                      |
|---|--------------------------------------|
| Steeplechase                            | 15-16 through 17-18 girls Group 5, 6 |
| Steeplechase (immed. following females) | 15-16 through 17-18 boys Group 5, 6  |

**Following steeplechase**

|  |                                       |
|--|---------------------------------------|
| Hammerthrow                            | 15-16 through 17-18, girls Group 5, 6 |
| Hammerthrow (immed. following females) | 15-16 through 17-18, boys Group 5, 6  |