

Region 5 USATF Junior Olympic Track & Field Championships

Hosted by USATF WV Association

July 10-12, 2020

University of Charleston Stadium at Laidley Field

200 Elizabeth Street, Charleston, WV 25311

Meet Entries: Registrations must be entered online at Athletic.net — no other entry method will be accepted. You may access the registration links at: www.capitalcitystriders.com. The entry deadline is July 4, 2020 at 11:59 pm EST.

Meet Entry Fees (must be paid online at athletic.net) Individual - \$ 9.00 per event. Relay - \$ 36.00 per relay. Triathlon & Pentathlon - \$ 17.00, Decathlon & Heptathlon - \$ 22.00.

Admission Fees: \$5.00 for everyone. Free for Pre School. Coaches who have a valid 2020 USATF membership (with card) will be admitted free with USATF membership card and photo ID.

Competition Areas: Parents, fans and coaches must remain outside the flagged competition/bullpen areas.

Competitor Numbers: Numbers will be worn on front (except pole vaulters). Replacement numbers will cost \$10.00.

Awards: USATF Junior Olympic medals for 1st, 2nd, 3rd 4th and 5th places.

Implements: Will be weighed and approved. Only approved implements will be allowed in the competition area. Athletes competing in the pole vault will be weighed at the time their implement is checked.

Relays: Only those athletes that are listed on the athletic.net club roster will be eligible to run in a relay. There will be no roster additions after the Association Meet.

Protests: Protest must be filed within 30 minutes of announcement of the final results. A \$100.00 protest fee will be charged. All protests must be submitted in writing with the specific rule(s) in question stated. Fee will be returned if the protest is upheld.

Tents: They will be allowed in the very top sections of the stands.

Other Items of Interest: Blocks & batons will be provided. For practice please provide your own. No needle or pin spikes are allowed - 1/4" pyramid spikes only. Tape or chalk only will be allowed for relay and field marks.

Packet pick up will be at the Laidley Field until 2:00PM each day of the meet.

Participants may advance to the *USATF Hershey National Junior Olympic Track & Field Championships July 20 - 26, 2020, in Jacksonville, FL as follows.* Individual/Relay events: Top five finishers in each individual/relay event qualify for advancement. Combined events: Top two finishers as well as any other athlete who meets the performance standard at the Regional meet. Qualifiers must sign up on Athletic.net for the National meet. You must be 7 years old in the calendar year to compete in that age group.

For meet updates or more information, check our website at www.capitalcitystriders.com or e-mail William "Chip" Ferrell at coachchipferrell@gmail.com.

Schedule

2020 USATF Region 5 Junior Olympic Championships

Friday July 10

9:00AM- Decathlon (15/16 M – 17/18 M) (100m, Long Jump, Shot Put, High Jump, 400m)
9:30AM- Heptathlon (15/16 & 17/18F) (100 hurdles, High Jump, Shot Put, 200m)
9:45AM- Pentathlon 13/14 G&B (100 hurdles, Shot Put, High Jump, Long Jump, 800 G, 1500 B)
10:15AM- Pentathlon (11/12 G&B) (80 hurdles, Shot Put, High Jump, Long Jump, 800 G, 1500 B)
11:30AM- Triathlon (9/10 G&B) (Shot Put, High jump, 200 G, 400 B)
3:00PM- Hammer (17/18M – 15/16M 17/18W – 15/16W)

Saturday July 11

8:30AM- Decathlon (15/16 M – 17/18 M) (110 Hurdles, Discus, Pole Vault, Javelin, 1500m)
8:30AM- Heptathlon (15/16 & 17/18F) Heptathlon (Long Jump, Javelin, 800m)

Saturday July 11

9:30AM Field Events

Triple Jump (15/16 M – 17/18 M – 13/14 M)
Long Jump (13/14 F – 15/16 F – 13/14 F)

10:00AM Field Events

Pole Vault (13/14 M – 13/14 F)
High Jump (9/10 F – 9/10 m – 11/12 F)
Shot Put (17/18 F – 15/16 F)
Discus Throw (15/16 M – 17/18 M)
Mini Javelin (Turbo) (11/12F, 11/12M, 9/10F
9/10M-8 &U, 8 &UM)

10:00AM Running Events

4 X 800 Relays finals (11/12 M&F, 13/14 M&F
15/16 M&F, 17/18 M&F)
110m Hurdles (15/16 M – 17/18 M)
100m Hurdles (13/14F, 13/14M, 15/16F, 17/18F)
80m Hurdles (11/12 F – 11/12 M)
100m Dash (All ages) (**Final if fewer than 8**)

1:30 PM Running Events

110m Hurdles (15/16 M – 17/18 M)
100m Hurdle (13/14F -13/14M–15/16F-17/18F)
80m Hurdles (11/12 F – 11/12 M)
100m Dash (All age groups)
1500m Run Final (All age groups)
400m Dash Final (All age groups)
4 X 100 Relay (All age groups)

1:30PM Field Events

Pole Vault (17/18 f – 15/16 F)
High Jump (15/16 M – 17/18 M)
Long Jump (11/12 M – 13/14 M)
Shot Put (11/12F – 13/14F-9/10F- 8 &UF)
Discus (13/14 M – 11/2 M)
Javelin (17/18F – 15/16F – 13/14F)

Sunday July 12

10:00AM Field Events

Triple Jump (17/18F -15/16F – 13/14F)
Long Jump (9/10F, 9/10M, 11/12F, 8&UF, 8&UM)

10:00AM Walking Events

1500m Racewalk (9/10 M & F – 13/14 M & F)
3000m Racewalk (13/14 M & F – 15/16 M & F –
17/18 M & F)

10:30 Field Events

Pole Vault (15/16 M)
High Jump (15/16 F – 17/18 F – 13/14 F)
Shot Put (17/18 M – 15/16 M)
Discus 17/18 F - 15/16 F)

10:45AM Running Events

3000 Run Finals (11/12 M & F – 13/14 M & F – 15/16
M & F - 17/18 M & F)
200m Dash (All ages) (**Final if fewer than 8**)

1:00PM Running Events

200m Hurdles (13/14 F – 13/14 M)
400m Hurdles (15/16 &17/18F – 15/16 &17/18M)
800m Run Finals (All age groups)
200m Dash Finals (All age groups)
2000 Steeplechase (15/16&17/18F, 15/16&17/18M)
4 X 400 Relay (All age groups)

1:00PM Field Events

Pole Vault (17/18 M)
High Jump (11/12 M – 13/14 M)
Long Jump (15/16 M – 17/18 M)
Discus (11/12 F – 13/14 F)
Javelin 15/16M – 17/18M – 13/14M)

Athletes in the 100m, 200m, 400m, 800m, 100/110 & 200/400 hurdles must check in with the clerk of Course no later than twenty (20) minutes after check in announcements has been made. Failure to do so will result in the athlete's elimination from that event.

Throwers may use individual implements provided they have been certified by the Meet Implement inspectors. Multiple pits may be available for simultaneous competition. Please pay attention to announcements.

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Some Downtown Hotels

Hotel	Address	Miles to Track	Phone #
Quality Inn	1010 Washington Street, Charleston, WV 25301	1.1	304/205-0192
Embassy Suites	300 Court Street, Charleston, WV 25301	1.4	304/347-8700
Holiday Inn Express	100 Civic Center Drive, Charleston, WV 25301	2.0	304/345-0600
Marriott Town Center,	200 Lee St E, Charleston, WV 25301	1.6	304/345-6500
Four Points by Sheraton	600 Kanawha Blvd. E., Charleston, WV 25301	1.9	304/344-4092
Hampton Inn Chas. Downtown	1 Virginia Street West, Chas., WV 25301	2.4	304/343-9300
Courtyard by Marriott	100 Kanawha Blvd. E., Charleston, WV 25301	2.1	304/344-5777
Charleston Ramada	1000 Washington St. E, Charleston, WV 25301	1.1	304/343-4661

There is a 12% tax on lodging in West Virginia.

Please tell hotel reservations you are with the **Region 5 USATF Junior Olympic Track & Field Championships** and request the sports rates. Not all hotels may offer group rates. Rooms are based on availability. Laidley Field is located at Elizabeth Street and Piedmont Road on the east side of Charleston.

Directions: I-77 to Greenbrier Street Exit (99); South on Greenbrier Street to traffic light at Washington Street, right on Washington to next traffic light at Elizabeth Street; right on Elizabeth St., 3 blocks to Laidley Field (on the left).

For more information on hotels in Charleston or what to do in West Virginia, check online at www.charlestonwv.com or call the Charleston Visitors and Convention Bureau at 304/344-5075.

For meet updates or more information, check our website at

www.capitalcitystriders.com

or e-mail William “Chip” Ferrell at

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