



SCA-USAT&F ASSOCIATION JUNIOR OLYMPIC TRACK AND FIELD CHAMPIONSHIPS



- DATE:** June 9-10, 2007
- SITE:** Cerritos College, 11110 Alondra Blvd., Norwalk, CA 91650
- STARTING TIME:** 8:30 A.M. each day. First Call 8:15 a.m. See attached schedule of events.
- SANCTION:** Southern California Association USAT&F. USAT&F rules will apply with special provisions for youth athletics.
- CO-MEET DIRECTORS:** Denise Smotherman (909) 595-0103 OR 595-5305; Thom Confer
- REGION COORDINATOR:** Lori Smith-Thompson (951) 202-6562
- ENTRY DEADLINE:** **June 6, 2007**– Last day to e-mail entries is **June 6, 2007**
- ENTRY FEES:** \$6.00 per event, \$24.00 per relay. Relays count as an event for each team member, plus alternate. Late Registration \$8.00 per event, \$32.00 per relay. **Clubs, please include a \$30.00 clean-up fee with entries.** Entry fees are to be paid in club checks, certified checks or money orders, **no** personal checks. Make checks payable to **So Cal Association Youth**. Changes will be accepted until June 6th at 5pm. After that there will be a late fee of \$ 8.00.
- Entry fees are non-refundable and changes made after June 6th will be charged \$8.00 per event. To register for the meet go online to www.coacho.com. The deadline is June 6, 2007 – 12:00 pm. All other entries must be hand delivered to Denise Smotherman or mailed in by June 4th. UNATTACHED athletes may email me their entry. It must **include name, address, date of birth and membership number**. E-mail to smotgnd52@earthlink.net or to fcab2hawk@yahoo.com. Payments by mail must be received by June 6th. You can call to verify receipt and if not, you should be prepared to pay at the meet. **PLEASE DO NOT COME TO THE MEET WITH ANY PAYMENT DRAMA.**
- Denise Smotherman
165 South Dommer Ave
Walnut, CA 91789
(909) 595-0103 – (909) 595-8446 fax (951) 9616207 cell
- TEAM PACKETS:** Team packets will be available for pickup at the registration table starting at 7:15 a.m. both days.
- ELIGIBILITY:** All entrants must be currently registered with the SCA-USA T&F and in the proper age group corresponding with their year of birth.
- AGE DIVISIONS:**
- | | | | |
|--------|-----------|---|-----------|
| Bantam | 1997-1998 | Intermediate | 1991-1992 |
| Midget | 1995-1996 | YoungMen/Women | 1989-1990 |
| Youth | 1993-1994 | (18yr old born <u>after</u> August 1, 1988) | |
- EVENT LIMITS:** Bantam and Midgets - 3 events maximum
Youth and above - 4 events maximum
- FIRST AID:** Medical staff will be available for minor injuries.
- SOUVENIRS:** Programs \$ 3.00 and meet T-shirts will be available for \$12.00
Concessions will also be available both days.
Spikes will be sold for \$2.00 per set.
- FACILITIES:** The track is an all-weather 9-lane surface including the long jump, triple jump, high jump and pole vault approaches. There is a grass approach in the Javelin.
¼ pyramid spikes ONLY
NO NEEDLES **Your spikes will be inspected prior to all running events.**
- NOTE:** The infield area will be off-limits to all coaches, parents and athletes except those who are participating in an event. Coaches may assist an athlete in obtaining an initial mark in the jumping events.

LATE REGISTRATION: Saturday - 400M late registration will close at 8:30 am
Sunday -1500M late registration will close at 8:30 am
-100M late registration will close at 10:00 am

All other events late registration will close at 11:00 AM both days.

EVENT CHECK-IN: For running events: Report to the clerk of the course when the event is called - approximately 30 minutes prior to the start of the event. 3 calls will be given for each event. **Athletes not responding to the call for their lane assignment will not be seeded into that event and will be scratched.** We will contact the field events that are in progress to make sure your athlete is checked in, but Coaches this does not lessen your responsibility to make sure your athlete is paying attention. **Once that event is closed, that event will be seeded and there will be no additions and there will be no refunds.**

**COACHES PLEASE PAY
CLOSE ATTENTION TO
THIS SECTION**

Athletes switching heats or lanes will be DISQUALIFIED.

If fewer than nine (9) athletes report to the clerk, a signature will be required and then that event will be run as a final at its normal time with only those athletes who have checked in.

For all field events When the event is called, report directly to the field event clerk.

EVENTS: All championship events will be contested. Three preliminary attempts will be allowed in the field events; nine athletes will advance to the finals for three additional attempts.

ADVANCING: The top 8 finishers in each event will advance to the Regional J.O. competition to be held June 23, 2007 at Oaks Christian High School in Agoura, Ca. You must enter the Region 15 meet by the end of the Association meet, which includes paying fees, and completing all entry forms. A completed entry form for the USATF Junior Olympics Championship meet must include all athletes entered individually or on a relay. The relay declaration forms must be filed **BEFORE** your team runs in the relay events at the Association championship. Regional fees are \$7.00 and the Junior Olympic fees are \$8.00 for individual events, and \$32.00 for relays. If you qualify to move on to the Junior Olympics, you must pay by the end of the day. **EXACT CHANGE PLEASE.**

There will be several events that will only be contested at the Association meet. Those events will go straight to the JO's. The top 3 will not have to go to the Regional meet on June 23rd.

AWARDS: Junior Olympics medals will be awarded for 1st through 3rd place. Designate one person from each team to pick up the medals. No awards will be distributed to any athlete.

MEET RESULTS: Meet results will be provided automatically to coaches of teams with more than five entries. Results will also be available on-line at <http://www.scausatf.org/results/index.htm>. Please allow 6 days after the meet.

PROTESTS: Protests must be made in writing and accompanied by \$25.00 deposit to a meet director. The protest must be filed within 30 minutes after the results have been announced or posted. If the protest is upheld, the deposit will be refunded. You must cite the rule that is the basis of your protest.

ALL SIBLINGS AND RELATIVES WILL BE HELD TO THE SAME BEHAVIOR RULES AS THE CLUBS. SO CLUBS, PLEASE INFORM YOUR VISITORS ABOUT THE NEED TO REFRAIN FROM DRINKING ALCOHOL, SMOKING, VANDALISM AND GOING INTO OUT-OF-BOUND AREAS. IT KEEPS THE COST DOWN. MEET FACILITIES HAVE BECOME COST PROHIBITIVE. ALL OF OUR COOPERATION IS MANDATORY.

All events in red will only be contested at the Association Meet. The top 3 athletes in these events will be the 3 athletes that will represent us at Junior Olympics in Walnut. They will not need to compete at the Regional Meet on the 23rd.

<u>SATURDAY RUNNING EVENTS</u>	<u>JUNE 9, 2007</u>	<u>8:30 A.M.</u>
3000M	MG, MB, YG, YB, IG, IB, YW	
5000M	YM	
400M SEMI	ALL DIVISIONS	
100M SEMI	ALL DIVISIONS	
1500M RACEWALK FINAL	BG, BB, MG, MB	
3000M RACEWALK FINAL	YG, YB, IG, IB, YW, YM	
110M HURDLES FINAL	IB, YM	
100M HURDLES FINAL	YW, IG, YB, YG	
80M HURDLES FINAL	MG, MB	
4X100M RELAY SEMI	ALL DIVISIONS	
4X800M RELAY FINAL	MG, MB, YG, YB, IG, IB, YW, YM	
200M DASH SEMI	ALL DIVISIONS	
2000M STEEPLECHASE FINAL	IB, IG, YM, YW	

<u>SATURDAY FIELD EVENTS</u>	<u>JUNE 9, 2007</u>	<u>8:30 A.M.</u>
JAVELIN	10:15 a.m.	YW, YM, IG, IB, YG, YB
LONG JUMP		YG, YB, IG, IB, YM, YW
SHOT PUT		MG, MB, BG, BB, YG, YB, IG, IB, YW, YM
HIGH JUMP		MG, MG, YG, YB
MINI-JAVELIN will be thrown on the stadium infield and will not start prior to 11:00 am		MG, MB, BG, BB

<u>SUNDAY RUNNING EVENTS</u>	<u>JUNE 10, 2007</u>	<u>8:30 A.M.</u>
400M FINAL	ALL DIVISIONS	
1500M RUN FINAL	ALL DIVISIONS	
100M FINAL	YM, YW, IB, IB, YB, YG, MB, MG, BB, BG, SBB, SBG	
400M HURDLE FINAL	YM, IB, YW, IG	
200M HURDLE FINAL	YG, YB	
4X100M RELAY FINAL	ALL DIVISIONS	
800M RUN FINAL	ALL DIVISIONS	
200M DASH FINAL	ALL DIVISIONS	
Parent Relay Run-off (Women& Men)		
100M FINAL	OPEN	
4X400 RELAY FINAL	ALL DIVISIONS	

<u>SUNDAY FIELD EVENTS</u>	<u>JUNE 10, 2007</u>	<u>8:30 A.M.</u>
HAMMER THROW	IB, YM, IG, YW	
TRIPLE JUMP	YW, YM, IG, IB, YG, YB	
LONG JUMP	BG, BB, MG, MB	
HIGH JUMP	IG, IB, YW, YM, BG, BB	
POLE VAULT	YG, YB, IG, IB, YW, YM	
DISCUS	MG, MB, YG, YB, IG, IB, YW, YM	

PLEASE READ AND RELAY THIS MESSAGE TO ALL OF YOUR COACHES/PARENTS AND ATHLETES

FEES:

Association Junior Olympic Championships - \$6.00; Regional fees - \$7.00; Junior Olympic fees - \$8.00;

Multi's events fees:

\$12.00 bantams thru youth- \$15.00 intermediates and young men and woman at Association

\$15.00 bantams thru youth- \$18.00 intermediates and young men and woman at Regionals

\$20.00 bantams thru youth- \$24.00 intermediates and young men and woman at Junior Olympics

Coaches, it's that time of year again and most of us have this process down to a science. We all know what is expected and if you don't, then it is up to you to seek the proper guidance between now and the meet. Here are a few tips that can make your life easier.

1. Apply for all membership cards prior to the meets. I will verify with the Downey office whether or not there is a Birth Certificate on file, especially those that were applied for on-line. Anyone attached to a team that doesn't have their membership card will not be allowed to participate without all of the necessary ID and fees. No exceptions. (Proper identification include: a readable, legal Birth Certificate, or drivers license, or passport. Absolutely no hospital certificates.)

2. Late entry time schedules will be strictly enforced. All late registration will stop at the times listed on page 2. No exceptions.

3. Relay declaration forms need to be completely filled out and turn in when you pick up your package. Coaches, you should put every athlete on your team in that particular age division on the list regardless to whether or not that athlete has any intention of going to the JO meet. I won't be able to check later, so please be smart and include everybody. There will be 1 final call prior to the first relay for all relay declarations. After that last call, your team will not be allowed to check in at the clerking tent. They will have a copy of those declarations and if it is not there YOU won't be either. Regardless to who you are!!!!!! Make a duplicate copy for your own record. I will stamp it to make it a credible copy. **COACHES PLEASE ACT RESPONSIBLE. HAVE THEM READY FROM THE BEGINNING.**

4. Pre- approved forms. You can complete your paper work and I can start approving them at the Los Angeles Jets meet. Then once your athletes qualify at the Association meet, all you will have to do is turn in the forms plus the fees. Complete a form for everyone that you register in the Association meet. This will ease the lines at the end of the day.

5. It is not important to fill in the association times or marks on this application. So please don't. I will fill that out from the official results later. That goes for the regional results as well.

6. Supplies that you should have with you at the Association meet: Paper clips, small stapler, white out, and most important of all are your **Birth Certificates**, all of your **membership numbers**, and **\$7.00 per event** for the athletes that go on.

7. **COACHES DO THE RIGHT THING.** Control your athletes. Meet with your athletes and parents to inform them about the troubles that we have been having. The warnings have not been heard, so consider this their last warning. This is really the worst time for any of your athletes to be disqualified. We don't have many venues left. Excuses will not be heard. Remind your parents about the **NO basketballs, footballs and SKATEBOARDS.** We have also noticed that the boom boxes are beginning to reappear. There have been several occasions this year where the 90-day rule has been ignored. Please don't try and use an excuse to CHEAT on the 90-DAY rule. I have been informed of all situations and have checked all of the meet results. Here and in other states. I have not granted any exceptions at this point. Your team will be affected by any violations that come this way.

THE CAMPUS IS OFF LIMITS!!!..... We will have more than enough restrooms and porta-pottie. So there will be no need for anyone to wonder onto the campus. The campus police will be very strict about this rule and SCA Youth will not be there for your protection.

COACHES, ON THE NEXT THREE PAGES YOU WILL FIND A COPY OF THE JUNIOR OLYMPICS PERFORMANCE STANDARDS. THESE STANDARDS ARE THERE FOR YOUR TEAM AND ATHLETES TO USE AS A GOAL OR AS A POSSIBLE SECOND CHANCE TO MAKE IT TO THE JO'S. IF ANY OF THE TOP 3 ATHLETES DECIDE NOT TO DECLARE TO GO TO THE JO CHAMPIONSHIPS AND YOUR ATHLETE HAS REACHED THE QUALIFYING STANDARD, WE CAN MOVE THE NEXT FINISHER TO THAT NEXT POSITION.

**2007 Junior Olympics Combined Events
Performance Standards**

<u>Age Group</u>	<u>Standard</u>
Bantam Boys	589
Midget Boys	2076
Youth Boys	2606
Intermediate Boys	5195
Young Men	5239
Bantam Girls	895
Midget Girls	2465
Youth Girls	2683
Intermediate Girls	3967
Young Women	4162

Revised 01/01/2007

2007 Boys' Junior Olympics Performance Standards

BANTAM BOYS – (Born 1997 or later)

100m	13.85
200m	28.08
400m	1:05.77
800m	2:41.00
1500m	5:11.00
1500m Race Walk	11:06.00
4x100m Relay	55.42
4x400m Relay	4:44.00
High Jump	1.25 m
Long Jump	4.17 m
Shot Put (6 lb.)	8.31 m
Mini Javelin Throw (300 g)	28.10 m
Triathlon	589

MIDGET BOYS - (Born 1995-96)

100m	12.85
200m	26.42
400m	1:04.80
800m	2:34.00
1500m	4:47.00
3000m	10:24.00
80m Hurdles (30")	14.23
1500m Race Walk	9:19.00
4x100m Relay	51.93
4x400m Relay	4:15.00
4x800m Relay	10:13.00
High Jump	1.47 m
Long Jump	4.86 m
Shot Put (6 lb.)	11.60 m
Discus Throw (1 kg)	27.30 m
Mini Javelin Throw (300 g)	37.27 m
Pentathlon	2076

YOUTH BOYS - (Born 1993-94)

100m	12.56
200m	23.81
400m	52.92
800m	2:06.00
1500m	4:22.00
3000m	9:44.00
100m Hurdles (33")	14.51
200m Hurdles (30")	26.99
3000m Race Walk	19:30.00
4x100m Relay	47.05
4x400m Relay	3:45.00
4x800m Relay	9:14.00
High Jump	1.70 m
Pole Vault	3.05 m
Long Jump	5.77 m
Triple Jump	11.50 m
Shot Put (4 kg)	13.57 m
Discus Throw (1 kg)	43.33 m
Javelin Throw (600 g)	43.12 m
Pentathlon	2606

INTERMEDIATE BOYS – (Born 1991-92)

100m	11.75
200m	22.32
400m	50.41
800m	2:02.00
1500m	4:11.00
3000m	9:16.00
110m Hurdles (39")	16.05
400m Hurdles (36")	58.90
2000m Steeplechase	6:47.00
3000m Race Walk	20:06.00
4x100m Relay	49.91
4x400m Relay	3:37.00
4x800m Relay	8:27.00
High Jump	1.87 m
Pole Vault	4.23 m
Long Jump	6.53 m
Triple Jump	13.20 m
Shot Put (12 lb.)	14.77 m
Discus Throw (1.6 kg)	45.13 m
Hammer Throw (12 lb.)	39.02 m
Javelin Throw (800 g)	44.41 m
Decathlon	5239

YOUNG MEN – (Born 19089-90)

100m	10.94
200m	21.99
400m	49.79
800m	1:59.00
1500m	4:05.00
5000m	15:49.00
110m Hurdles (39")	14.70
400m Hurdles (36")	56.77
2000m Steeplechase	6:36.00
3000m Race Walk	20:42.00
4x100m Relay	42.18
4x400m Relay	3:19.00
4x800m Relay	8:05.00
High Jump	1.99 m
Pole Vault	4.53 m
Long Jump	6.92 m
Triple Jump	14.49 m
Shot Put (12 lb.)	16.37 m
Discus Throw (1.6 kg)	48.95 m
Hammer Throw (12 lb.)	45.73 m
Javelin Throw (800 g)	52.91 m
Decathlon	6006

Revised 01/01/2007

ELIGIBILITY: Athletes who are 18 years old and will reach their 19th birthday before August 1, 2007 are not eligible to compete in Youth Athletic competition at any time during the 2007 competition year. Those who reach their 19th birthday on or after August 1, 2007 are eligible to compete as Young Men in competitions held before August 1.

ADVANCEMENT FROM REGIONALS: (Rule 302.2(e), as amended 12/5/2000) Track and Field shall advance three individuals and three relay teams from each Regional to National. These shall be the top three finishers in each event, or successive event finishers who have achieved a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National.

The Combined Events shall advance the top two individuals. A Third shall advance only after meeting a performance standard at the Regional Championships.

The performance standard for all events is the average of the eighth place in the last three National Junior Olympic Championships.

The (National) host Association shall qualify a like number.

2006 Girls' Junior Olympics Performance Standards

<u>Bantam Girls</u> – (Born 1997 or later)		<u>Midget Girls</u> - (Born 1995-96)		<u>Youth Girls</u> - (Born 1993-94)	
100m	13.90	100m	13.15	100m	13.13
200m	28.72	200m	26.71	200m	25.97
400m	1:06.86	400m	1:02.18	400m	57.85
800m	2:39.00	800m	2:31.00	800m	2:21.00
1500m	5:24.00	1500m	5:04.00	1500m	4:50.00
1500m Race Walk	10:20.00	3000m	11:04.00	3000m	10:42.00
4x100m Relay	57.63	80m Hurdles (30")	14.53	100m Hurdles (30")	15.54
4x400m Relay	4:52.00	1500m Race Walk	8:44.00	200m Hurdles (30")	29.43
High Jump	1.17 m	4x100m Relay	54.74	3000m Race Walk	18:47.00
Long Jump	3.93 m	4x400m Relay	4:17.00	4x100m Relay	49.46
Shot Put (6 lb.)	7.48 m	4x800m Relay	10:45.00	4x400m Relay	4:04.00
Mini Javelin Throw (300 g)	20.21 m	High Jump	1.42 m	4x800m Relay	10:10.00
Triathlon	895	Long Jump	4.68 m	High Jump	1.53 m
		Shot Put (6 lb.)	9.93 m	Pole Vault	2.70 m
		Discus Throw (1 kg)	22.69 m	Long Jump	5.08 m
		Mini Javelin Throw (300 g)	30.64 m	Triple Jump	10.33 m
		Pentathlon	2465	Shot Put (6 lb.)	12.24 m
				Discus Throw (1 kg)	29.93 m
				Javelin Throw (600 g)	29.88 m
				Pentathlon	2683
<u>Intermediate Girls</u> – (Born 1991-92)		<u>Young Women</u> – (Born 1989-90)			
100m	12.07	100m	12.31		
200m	25.14	200m	24.71		
400m	57.89	400m	56.37		
800m	2:20.00	800m	2:20.00		
1500m	4:47.00	1500m	5:00.00		
3000m	10:40.00	3000m	11:25.00		
100m Hurdles (33")	14.92	100m Hurdles (33")	14.50		
400m Hurdles (30")	1:06.06	400m Hurdles (30")	1:05.65		
2000m Steeplechase	8:11.00	2000m Steeplechase	8:16.00		
3000m Race Walk	20:00.00	3000m Race Walk	20:28.00		
4x100m Relay	48.31	4x100m Relay	47.70		
4x400m Relay	3:58.00	4x400m Relay	3:53.00		
4x800m Relay	9:55.00	4x800m Relay	10:03.00		
High Jump	1.60 m	High Jump	1.60 m		
Pole Vault	3.23 m	Pole Vault	3.40 m		
Long Jump	5.31 m	Long Jump	5.45 m		
Triple Jump	11.42 m	Triple Jump	11.66 m		
Shot Put (4 kg)	11.70 m	Shot Put (4 kg)	12.26 m		
Discus Throw (1 kg)	36.27 m	Discus Throw (1 kg)	38.27 m		
Hammer Throw (4 kg)	27.68 m	Hammer Throw (4 kg)	30.00 m		
Javelin Throw (600 g)	33.20 m	Javelin Throw (600 g)	35.85 m		
Heptathlon	3967	Heptathlon	4162		

Revised 01/01/2007

ELIGIBILITY: Athletes who are 18 years old and will reach their 19th birthday before August 1, 2007 are not eligible to compete in Youth Athletic competition at any time during the 2007 competition year. Those who reach their 19th birthday on or after August 1, 2007 are eligible to compete as Young Women in competitions held before August 1.

ADVANCEMENT FROM REGIONALS: (Rule 302.2(e), as amended 12/5/2000) Track and Field shall advance three individuals and three relay teams from each Regional to National. These shall be the top three finishers in each event, or successive event finishers who have achieved a performance standard at the Regional Championship when fewer than three declare in the event from that Region for National.

The Combined Events shall advance the top two individuals. A Third shall advance only after meeting a performance standard at the Regional Championships.

The performance standard for all events is the average of the eighth place in the last three National Junior Olympic Championships.

The (National) host Association shall qualify a like number.