



# USA Track & Field POTOMAC VALLEY 2010 Junior Olympics Association Championship

June 17-20, 2010 at Prince Georges' Sports and Learn Complex (PGSLC), 8001 Sheriff Rd Landover, MD 20785  
Youth Chair: Henry McCallum (301) 322-7356  
Meet Director: Barbara Smith/Quinton Wilson  
Meet Referee: Phillip Barrett Sr.

## Advancement to the Association Meet

First through six place finishers in the Association's Local Preliminary Qualifying meets, including relays, qualify to compete in the Potomac Valley Association Track & Field Championships to be held Thursday, Friday, Saturday & Sunday at PGSLC. The Combined-Events will take place on Thursday, June 17 and Friday, June 18.

## All advancements will be done online

[http://usatfregistration.com/cgi-bin/login.pl?cd=md\\_usatfpva](http://usatfregistration.com/cgi-bin/login.pl?cd=md_usatfpva) or go to <http://www.usatf.org/assoc/pva/>

## by the team and/or unattached athlete.

Athletes participating in individual and combined-events must pay both entry fees.

- Individual \$ 5 for each individual event
- Relays \$ 15 per relay
- Combined-Events \$ 10/16 per individual

## Packet Pick-Up

Athletes will be able to obtain their competition number and related information as follows:

Thursday thru Sunday June 17-20 7AM-6PM at Prince Georges Sports & Learn Complex

## Call for Events

Each competitor must report to the Clerk of Course prior to the beginning of the event. In the case of field events, the competitor must report to the Field Judge in charge of the event. Track events take precedence over field events; however, you must report to the Field Judge first and request to be excused. For all events, calls are not required, however if they are made as a courtesy, they will be as follows:

- First call
- Second call
- Third and Final
- If you are not checked in and ready to move to the track after the final call you will be scratched.

Note: The event will be closed for check-in 15 minutes prior to the event.

## Warm Up Area:

Athletes may warm up on the fields and trails adjacent to the track.  
**WARMING UP ON THE TRACK WILL NOT BE ALLOWED.**

## Schedule

The time schedule for all events will be followed as closely as possible. An event can start no more than 30 minutes early. Please arrive at the track and be ready to compete when your event is called or scheduled. Please check the time schedule carefully to plan for any potential conflict with each event.

## Awards

First through third will receive USATF medals; fourth through eighth will receive championship medals.

## Rules

USATF rules, USATF Youth Athletics Rules and any supplementary rules stated in this event announcement will be adhered to strictly. Rule books may be obtained from the USATF National office.

Track shoes with spikes are not to exceed ¼" in length or running flats must be worn. No street shoes will be allowed on the track. There is no specific uniform required. However, all competitors must wear shorts and shirts. Each member of a relay team must wear the same color shirt and in Regional or National competition the teams must also wear shorts and shirt of a same color..

**Advancement to the finals** in the 100, 200, 400, Short Hurdles, and Long Hurdles events will be based on places first and then time within the qualifying heat according to Rule 303 in the Youth Athletics Handbook.

## Relay Rules:

A relay team shall consist of four members. Qualification of a relay team entitles the club represented by that team to enter a team in the same event at the next higher level of competition. (This shall apply to both the Youth Athletics and Junior Olympic Championship.) The composition of the team need not be the same throughout the rounds or various levels of competition. To become a relay team member, an athlete must have been a member on that club when the roster was downloaded from the usatf database at the Association level. No alterations may be made after it has been submitted at this level.

1. To enter a relay, a club must enter a minimum of four and a maximum of six athletes.
2. All competitors listed on the official roster are eligible to compete if they are entered in the meet in individual events or other relays.
2. The composition of the team will be determined by the primary entrants of the club. Changes to the composition of a relay may be made prior to the start of the event by submitting the appropriate change form to the Clerk of the Course no later than one hour prior to the scheduled check-in time for the event. The Clerk will validate the number of events in which the athlete is competing. Only athletes listed on the official roster of the club, who are entered in the meet, are eligible to run.

3. An athlete may drop an event to compete on a relay team as long as he/she has not competed in any round of that event. This should be noted in the proper space on the change form. The Clerk shall make the appropriate change on the competition number.
4. Violation of the above rules shall be reason for disqualification.

\*\* Entry of an athlete into an event will be counted as participation in an event unless a "CHANGE FORM" is submitted to the designated "CHANGE CLERK" in the clerking area at least one hour before the scheduled check-in time. The "CHANGE FORM" will be a multi-part form that is signed, dated, and time stamped by the clerk. One copy will be filed by the clerk, one copy will go to the coach submitting the change, and one copy will be forwarded to press box for updating the meet database. Please be aware that the coach retains responsibility to make sure the athletes have the necessary "CHANGE FORMS" submitted prior to competition.

**NO COACHES ARE ALLOWED ON THE TRACK OR FIELD, EXCEPT TO CHECK ON AN INJURED ATHLETE.**

All protests must be filed at the protest table by the team captain, the coach or the individual competitor, if competing unattached. A parent may file for an unattached runner. All coaches **MUST** abide by the USATF rules and any supplemental rules or risk disqualification of an athlete or their team.

**Regional Advancement Information**

First through fifth place finishers including relays, qualify to compete in the Region III Junior Olympics Track & Field Championships to be held at the NC A&T University July 8-11, 2010 in Greensboro, NC.

**Intent to Advance**

A competitor finishing in one of the top five places with the intent to attend the **Regional**, **MUST** declare his or her intent to advance in the Junior Olympics by advancing online at within forty eight hours of the posted advancement file of who qualified. After the forty eight hour deadline, additional entries will be taken in order of finish with the possibility of advancement to the Regional if fewer than five competitors have declared their intent to advance.

For example: If in the 200m dash only four of the top five finishers declare their intent to advance to the regional meet, another athlete may declare to occupy the fifth entry position from the association. The sixth through eighth place finishers will be eligible with the sixth place having the highest priority. An athlete will not be advanced based on ranking from a qualifying round.

**Any athlete participating in the Junior National will be given a BYE to the National J/O Championship providing proof of their participation has been submitted to meet management. Athletes in the Intermediate and Young Divisions participating in the NEW BALANCE meet the week of the PVA championship meet will be given a BYE to the Region III championship only. BYES are only given to individual events.**

The National Junior Olympic Track & Field Championships will be held in **Hughes Stadium, Sacramento City College - Sacramento, California** July 27- August 1, 2010. Track and field shall advance three individuals and three relay teams from the Region III Championship to National with an exception for the

Combined-Events. In the Combined-Events only the first two places automatically qualify. The third place finisher must meet the qualifying standard listed below to advance to Nationals.

BB Triathlon	623	BG Triathlon	833
MB Pentathlon	2001	MG Pentathlon	2297
YB Pentathlon	2484	YG Pentathlon	2780
IB Decathlon	4847	IG Heptathlon	4047
YM Decathlon	5936	YW Heptathlon	4114

**Regional/National Fees**

Junior Olympics Regional Championships:

- Individual	\$ 6.00 per event
- Relays	24.00 per relay
- Triathlon/Pentathlon	14.00 per individual
- Heptathlon /Decathlon	20.00 per individual

Junior Olympics National Championships & Youth Athletics National Championships:

- Individual	\$ 8.00 per event
- Relays	32.00 per relay
- Triathlon/Pentathlon	20.00 per individual
- Heptathlon/Decathlon	24.00 per individual

**GATE FEES: \$5.00 per day or 4 day pass \$15.00 Senior Citizens (55 & older \$4.00 per day: 4 Day Pass \$12.00)**

**FREE FOR:**

**USATF Member background screened coaches, participating athletes, children (6 and Under), volunteers and officials.**

**PARKING & DIRECTIONS TO THE COMPLEX**

**Directions:**

**From I-95/495, exit 17B-(202) north toward Bladensburg. Turn left onto Brightseat Road. Follow green overhead signs through light onto Redskins Road. Take immediate right to park in Green Lot D3 & D4.**

**(NEW DIRECTIONS AND DIFFERENT PARKING LOT TO PARK. REDSKIN HAS AN EVENT IN THE REGULAR LOT B3 & B4.**