

# 2010 USATF Eastern Zone Junior Olympic Indoor Track & Field Championships

New Balance Track & Field Center  
216 Fort Washington Avenue  
New York, NY 10032

## **Sanctioned Event**

**Sponsored By:** USATF Northeast Zone

**Meet Director:** R.A. Vernon – MAC Association President

**Meet Coordinator:** Bruce Long – USATF Northeast Zone Representative

**Meet Date:** Sunday, February 28, 2010

**Location:** New Balance Track & Field Center  
216 Fort Washington Avenue  
New York, NY 10032

**Starting Time:** 9:00 am

**Age Divisions:** Sub-Bantam Girls/Boys (2002 & after)  
Bantam Girls/Boys (2000-2001)  
Midget Girls/Boys (1998-1999)  
Youth Girls/Boys (1996-1997)  
Intermediate Girls/Boys (1994 -1995)  
Young Men/Woman (1992-1993)

Note: Sub-Bantam through Midget athletes are allowed to compete in three (3) events including relays. Youth and above are allowed to compete in (4) events including relays.

**Eligibility:** 2010 Membership in USA Track & Field and birth verification is required. In order to run a relay, athlete must be a member of the same participating club or organization which must be a current member in good standing with USATF.

**Entry Fees:** \$8.00 per event- 32.00 per relay (4 to 6 athletes)

**Registration:** Entries will be processed by USATF. No mail-in or faxed registrations will be accepted. **Day of meet entries will not be accepted (NO EXCEPTIONS).** Any questions can be emailed to [bdlong2@verizon.net](mailto:bdlong2@verizon.net) or by calling (724) 255-5444.

**Deadline:** All entries must be received by midnight, February 26, 2010.

**Rules:** In accordance with the 2009 Competition Rule Book. Only competing athletes will be permitted on the track or infield area, except for medical emergencies.

## Events Offered (Meters)

Events	Sub-Bantam	Bantam	Midget	Youth	Int.	Yg M/W
55	X	X	X	X	X	X
200	X	X	X	X	X	X
400	X	X	X	X	X	X
800	X	X	X	X	X	X
1500	----	X	X	X	X	X
3000	---	---	X	X	X	X
55 hurdles	---	---	X	X	X	X
4 x 200	X	X	X	X	X	X
4 x 400	---	X	X	X	X	X
LJ	X	X	X	X	X	X
TJ	---	---	---	X	X	X
HJ	---	X	X	X	X	X
PV	---	---	---	X	X	X
Shot Put	---	X	X	X	X	X
1500 RW	---	X	X	X	X	X

Note: All events listed for the age group will have both girls and boys competitions

**Running Events:** All running events will be conducted as timed final, except the 55-meter dash and hurdles which will have trials and finals. All relay team members must wear a top and shorts of the same color. Events will run girls first except for the hurdles, which will run boys first.

**Filed Events:** All competitors in the fields will be given three attempts with the top six advances to the finals. All throwing implements will be certified prior to use.

**Protest:** All protest must be made in writing to the referee not later than 30 minutes after the results of an event has been announced. Proper rule must be cited.

**Protests:** All protests must be presented to the Northeast Zone Rep in writing within 30 minutes of results being announced or posted and accompanied by a \$50.00 cash deposit. Protests must site the specific rule in question. The deposit will be refunded if the protest is upheld and forfeited if denied.

**Check-in:** Two calls will be given for each event. Athletes in running events must report to the clerk of the course, ready to compete, and stay in the area.

Field event athletes must report to the official in charge at their event.

Athletes with track conflicts must report to their field event within 5 minutes after competition of their running event and before the field event has finished.

**Additional Info:** Call (724) 255-5444 or email [bdlong2@verizon.net](mailto:bdlong2@verizon.net) or go to [www.youthusatf.org](http://www.youthusatf.org).