



2014 REGION 10 JUNIOR OLYMPIC CHAMPIONSHIP

DATES: July 3– 6, 2014

SITE: United States Air Force Academy, Colorado Springs, Colorado
[Map](#)

AWARDS: USATF Regional Medals, 1st thru 5th

ENTRY-FEES: \$7.00 per event, \$28.00 per relay, \$20.00 Decathlon/Heptathlon, \$15.00 Pentathlon/Triathlon.
Club Administrators and unattached athletes should register online at www.coacho.com . **Entry deadline is Saturday, June 28, 2014**

STARTING TIMES: Thur.: 9:30 AM Combined Events Sat.: 9:30 AM T & F
Fri.: 9:30 AM. Combined Events Sun: 9:30 AM T & F
Fri: 11:30 AM Steeplechases
Fri: 3:00 PM Race Walks
Fri 3:00 PM Hammer

MEET HEAD-QUARTERS: Headquarter Hotel: [Colorado Springs Marriot](#)
additional hotel listings are posted on website at
colorado.usatf.org/Youth/Youth-Upcoming-Events.aspx

NATIONAL JUNIOR OLYMPICS: The top five in each event will qualify for the Junior Olympic National Championships, in Houston, July 21-27, 2014.
Combined Event athletes who place 1st and 2nd, will qualify for Nationals and the third place athlete may advance if they meet the qualifying mark

WEATHER: Come prepared to run in hot, dry weather @ 7200 ft.!!
Tents will be allowed on the grassy area around the track, and in the top row of stands

RULES & CONDUCT: USA Track & Field current rules of competition will govern. Coach's and parents are responsible for the conduct of their athletes. Once the meet begins, only competing athletes and working officials, will be allowed on the track or in field, except for medical emergencies.

ATHLETE CHECK IN: All running event athletes will check in with the Clerk of the Course at the designated clerking area. Field event athletes will check in at the event.
All pole vault athletes will be weighed before competing, to verify the competitor's weight is at or below the manufacturer's pole rating.

NOTE: **RUNNING EVENTS WILL NOT BE ROLLED OVER. IF WE**

**HAVE ONLY 8 ATHLETES CHECKED IN, THE FINALS
WILL BE HELD IN THE PRELIM TIME SLOT. ATHLETES
MUST BE READY TO RUN WHEN REPORTING FOR PRILIMS.**

PROTEST: Protest relating to matters which develop during the meet must be made to the referee, no later than 30 minutes after the results have been announced/posted. All protests must be in writing, and include a \$100.00 cash deposit. Deposit will be refunded, if protest is upheld forfeited if protest is denied.

UNIFORMS: All relay team members must wear a top and shorts of the same color.

IMPLEMENTS: All throwing implements will be weighed at the beginning of each session.

CONCESSION: Food concessions will be provided. Coolers and food may be brought into the stadium. **NO GLASS CONTAINERS, SMOKING, OR ALCOHOL WILL BE ALLOWED.**

SOUVENIERS: Custom Region 10 Tee-Shirts and programs will be available.

**2014 REGION 10 JUNIOR OLYMPIC CHAMPIONSHIPS
SCHEDULE OF EVENTS**

Thursday July 3, 2014

10:00 A.M.	Decathlon	(15-16B, 17-18B)
10:30 A.M.	Pentathlon	(13-14B)
10:45 A.M.	Heptathlon	(15-16G, 17-18G)
11:15 A.M.	Pentathlon	(13-14G)

Friday, July 4, 2014

10:00 A.M.	Decathlon	(15-16B, 17-18B)
10:30 A.M.	Pentathlon	(11-12B)
11:00 AM	Heptathlon	(15-16G, 17-18G)
11:15 AM	Pentathlon	(11-12G)
11:30 AM	Steeple	(15-16G, 17-18G)
11:45 AM	Triathlon	(9-10B)
12:00 PM	Steeple	(15-16B, 17-18B)
12:00 PM	Triathlon	(9-10G)
3:00 PM	Race Walk	(Rolling)
3:00 PM	Hammer	(15-16B, 17-18B) (15-16G, 17-18G)

Session 1 - 9:30 A.M. Saturday July 5, 2014
Rolling Time Schedule

Track Events

9:30 A.M.	3000m	final	11-12, 13-14, 15-16, 17-18 G/B
	80mh	prelims/final	11-12 G/B
	100mh	prelims/finals	13-14 B/G, 15-16 G, 17-18 G
	110mh	prelims/finals	15-16 B, 17-18 B
	800m	final	All
	400relay	prelim/final	All
	400m	prelim/final	All
	100m	prelim/final	All
	400mh	prelim/final	15-16, 17-18 G - 15-16, 17-18 B
	200mh	prelim/final	13-14 BG
	3200relay	final	All
	200m	prelim/final	All
	1600r	prelim/final	All

Field Events

10:00 A.M.

Long Jump

Pit 1	Pit 2	High Jump	Shot Put	Discus	Mini Javelin	Pole Vault
8&UB	8&UG	13-14G	8&UG	11-12G	9-10G	13-14G
9-10B	9-10G	13-14B	8&UB	11-12B	11-12G	15-16G
11-12B	11-12G	11-12G	9-10G	13-14G	8&UGB	17-18G
13-14B	13-14G	11-12B	9-10B	13-14B		13-14B
		9-10G	11-12G	15-16G		15-16B
		9-10B	11-12B	17-18G		17-18B
			13-14G	15-16B		
			13-14B	17-18B		

Session 2 - 9:30 A.M. Sunday July 6, 2014
Rolling Time Schedule

Track Events

9:30 A.M.	Parade of Athletes		all athletes
10:00 A.M.	1500m	final	all ages
	110m Hurdles	final	15-16B, 17-18B
	100m Hurdles	final	15-16G, 17-18G, 13-14B
	100m Hurdles	final	13/14G
	80m Hurdles	final	11-12G, 11-12B
	400 Relay	final	all ages
	400m	final	all ages
	100m	final	all ages
	400m Hurdles	final	15-16B, 17-18B
	400m Hurdles	final	15-16G, 17-18G
	200m Hurdles	final	13-14B, 13-14G
	200m	final	all ages
	1600 Relay	final	all ages

Field Events

10:00A.M

Long Jump Pit 1	Long Jump Pit 2	High Jump	Shot Put	Javelin	Mini Javelin
15-16B	15-16G	17-18G	17-18G	13-14G	8&UB
17-18B	17-18G	15-16G	15-16G	15-16G	8&UG
		17-18B	17-18B	17-18G	9-10B
		15-16B	15-16B	13-14B	9-10G
Triple Jump**				15-16B	11-12G
Pit 1				17-18B	11-12B
13-14G					
15-16G					
17-18G					
13-14B					
15-16B					
17-18B					