



USATF REGION 2
 CHAMPIONSHIP
 JULY 7 thru 9, 2023
 SUNY Cortland, NY
 Updated 6/08/2023

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USATF Niagara Youth Chair – Izeal Bullock
 USATF New Jersey Youth Chair – AL Essilfie
 SafeSport Coordinator: Michelle Bogdon

USATF Mid-Atlantic Youth Chair – Robin Jefferis
 USATF Three Rivers Youth Chair – Oronde Sharif

ENTRY INFORMATION

All registration must be completed and paid online thru www.athletic.net

The TOP 8 athletes in each event/age group and top 8 relay teams at their Association Championship qualify to advance to the Region 2 Championship. Combined events will be open entry.

ENTRY PROCESS: All entries must be completed online at www.athletic.net

On-Time Entry Fees June 12 thru June 30, 9:00pm	Late Entry Fees June 30 9:01pm thru July 4, 11:59pm
\$9.00/individual Event	\$12.00 Individual Event
\$22.00 Heptathlon/Decathlon	\$26.00 Heptathlon/Decathlon
\$17.00 Triathlon/Pentathlon	\$19 Triathlon/Pentathlon
\$36.00 Relay	\$48.00 Relay
RELAYS A minimum of 4 and a maximum of 6 athletes may be entered for the cost of the relay.	

Entries after the late deadline will not be permitted. Fees must be paid online by the close of registration.

*** Accuracy of data entered is the responsibility of each club, parent and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting,*

<https://support.athletic.net/category/2hpcxju2v-event-registration>

ADMISSION: \$7.00/day (Friday-Saturday-Sunday) ...3-Day Pass/\$17.00 Athletes with competitor number & children under 12 free.

Coach Credentials:

In order for a coach to be eligible to receive a “Coach Credential” (wristband) at this event, the following criteria must be met:

- Education Standard must be completed no later than June 15, 2023
- Coach must be listed on the USATF Coaches Registry list.

PACKET PICK-UP

Day/Time	Track
July 7 Thursday	3:00pm-6:00pm
July 8 Friday	7:00am-4:00pm
July 9 Saturday	7:00am-3:00pm
July 10 Sunday	8:00am-10:00am

COACHES MEETING: Clerking Tent Daily prior to start of events

ATHLETE BIB NUMBERS

Athlete bib numbers must be worn on front unless otherwise instructed. The same number will be used for ALL days of the meet.

REPLACEMENT NUMBERS - \$10.00

IMPLEMENTS: Meet management will provide implements

Implement weigh-in will be in the garage accessible near the Throwing Complex.

Weights & Measures Begins: Friday – 7:00am-9:00am; Saturday – 7:00am-9:00am; Sunday – 7:00am-9:00am

- Personal implements may be used and must be weighed prior to the competition each day.
- The "loss of identity rule" shall apply to all implements except the javelin. All competitors must use blocks and batons provided by meet management.

Blocks & Batons: Meet Management will provide blocks and batons.

TRAINERS

Medical volunteers and/or SUNY Cortland trainers will be stationed at locations in the competition area.

PROTESTS

Protests must be filed within 30 minutes of posting of final results. There will be a \$50.00 cash fee required to file a protest. Protest must be in writing with specific rule in question stated. The fee will be refunded if protest is upheld.

AWARDS

Junior Olympic Awards for 1st thru 5th places.



EVENT CHECK-IN

The event schedule is a rolling schedule. Athletes, parents, and coaches need to be aware of what events are taking place on the track and in the field events to ensure all athletes are properly checked into their events on time. If you are unsure, visit the field event venue for field events or check with the head clerk for track events.

- Check-in will be 45 minutes prior to the event. All athletes must listen for the announcements.
- Athletes must report "Race Ready". No bags or personal items. All electronic equipment is prohibited in the competition areas.
- Calls will be as follows:
 - **1st Call** – Athletes report, check in with the clerk in the tent and warm-up on the infield
 - **2nd Call**- Athletes should all be checked in by the clerk in the tent
 - **Final Call** – All athletes should be checked in and in the clerking tent. Heat/lane assignments and hip numbers.
- **The event will be officially closed by the clerk of course no sooner than 5 minutes after the final call. If an athlete has not reported by this time, he/she will be scratched.**
- **Event Conflicts – if your athlete is in two events happening at the same time**
 - Check into **BOTH** events – check in with the head clerk for track events and the head official at the field event
 - Inform both officials of the conflict
 - Meet staff will assist the athlete to manage the conflict.
 - Remember to inform all officials involved – meet management cannot assist if they don't know about the conflict
 - Immediately after completing a running event, you must return to your field event
- **If athletes are in two events in close proximity**
 - For two **field** events – tell the clerk you are checking in for both events at the same time.
 - For a **track and a field** event use the procedure for the conflict above.
- No parents or coaches will be allowed in the clerking area.
- Upon closing of a preliminary round track event by the clerk of course, those preliminaries having eight (8) or fewer contestants will be passed on to finals. In such cases only athletes properly checked into the event by the clerk of course prior to closing the semi will be allowed to compete in the final. **In this instance, the final will be conducted at the scheduled time for the preliminary round.**
- **Relay Check-in:**
 - **All four members must report together race ready, in uniform and wearing their bib number**
 - **Uniforms will be reviewed per rule 302.3.d**
 -

STARTING HEIGHTS –HIGH JUMP & POLE VAULT

High Jump			
20 cm below 2022 Performance Standard (Rule 302.5(o))			
9-10 Girls	0.80m	9-10 Boys	0.80m
11-12 Girls	1.00m	11-12 Boys	1.05m
13-14 Girls	1.10m	13-14 Boys	1.25m
15-16 Girls	1.15m	15-16-Boys	1.40m
17-18 Girls	1.25m	17-18 Boys	1.50m

Pole Vault			
60 cm below 2022 Performance Standard (Rule 302.5(o))			
13-14 Girls	1.75m	13-14 Boys	1.95m
15-16 Girls	1.80m	15-16 Boys	2.70m
17-18 Girls	2.05m	17-18 Boys	3.25m

HEAT/LANE ASSIGNMENTS

Heat/Lane Assignments will be done according to USATF Rule 303.1.k

The following procedure shall be used in assigning lanes:

- The first round is random draw even if the event is a final
- Seeding of Finals
 The inner 4 lanes (3-4-5-6) will be random draw on the highest ranked competitors based on the ranked list for forming heats for the round; The 2nd Draw is a random draw for lanes 2 & 7; The 3rd Draw is a random draw for lanes 1 & 8

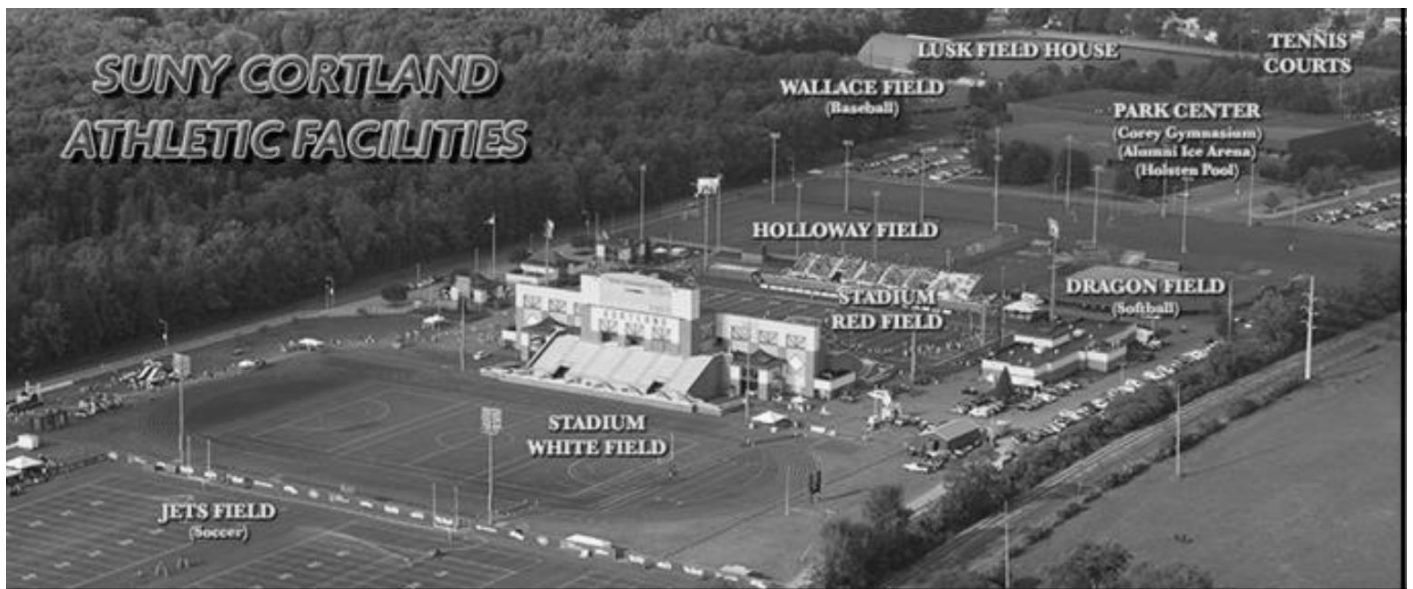
Advancement to Finals	
Trial Heats	Advancement Formula
1	Run as timed final at scheduled prelim time
2	Top 3/heat next 2 best times
3	Top 2/heat next 2 best times
4	Heat Winner plus next best times



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FACILITY INFORMATION

- **Stadium:** The entire complex is a "SMOKE FREE ZONE"
- **Stadium Capacity:** 3,000
- **NO TENTS IN STADIUM STANDS**
- **Timing company:** Marathon Timing
- **Track:** All Weather 8 lane
- **Spikes:** 1/4" pyramid only
- **Field:** Concrete Discus, Shot and Hammer circles
- **Long Jump, Triple Jump, Pole Vault, High Jump:** All Weather Surfaces
- **Javelin:** Grass approach; Grass Landing
- **Parking:** Free in the Stadium lots of Rt 281 adjacent to the Throws Complex
- Coolers are permitted
- No alcohol permitted in the stadium or parking lots
- Please remove all garbage from your area before you leave
- Trash bags available at the registration table
- Concessions available on site





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HOTEL INFORMATION

Hotels for July 6-8th – Event dates of July 7-9th

Holiday Inn Express

Address: 4.5 Locust Ave, Cortland, NY 13045

Phone: [\(607\) 299-0099](tel:6072990099)

\$139.95/night

Quality Inn Cortland

Address: 188 Clinton Ave, Cortland, NY 1304

Phone: [\(607\) 756-5622](tel:6077565622)

\$139/night

Clarion Inn – Cortland

Address: 2 1/2 Locust Ave, Cortland, NY 13045

Phone: [\(607\) 753-7721](tel:6077537721)

\$129.95/night

Hope Lake Lodge & Conference Center

Address: 2177 Clute Rd, Cortland, NY 13045

Phone: [\(607\) 218-8714](tel:6072188714)

Please call for rate due to several different room configuration options

SUNY Cortland Dorms – Housing Reservation Link

Cortland Dorms are for officials only.

<https://www.cortlandsports.org/e/housing-on-campus-usa-niagara-tf-region-ii-junior-oly>

Cayuga Blu

Address: 2310 N Triphammer Rd, Ithaca, NY 14850

Phone: [\(607\) 257-3100](tel:6072573100)

\$149.00/night

Quality Inn - Tully

Address: 5779 NY-80, Tully, NY 13159

Phone: [\(315\) 696-6061](tel:3156966061)

\$149.95/night

DIRECTIONS

Cortland is located on Interstate 81, 33 miles south of Syracuse, NY and 42 miles north of Binghamton, NY. SUNY Cortland is located two miles from I-81 exit 12 on Rt 13.

Travel Distances		
Buffalo, NY 185miles	Pittsburgh, Pa 340 miles	George Washington Bridge 220 miles
Rochester, NY 120 miles	Binghamton, NY 42 miles	Trenton, NJ 215 miles
Syracuse, NY 33 miles	Scranton, Pa 100 miles	Philadelphia, Pa 222 miles
Erie, Pa 270 miles	Harrisburg, Pa 220 miles	Atlantic City, NJ 284 miles



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RULE 306 - JUNIOR OLYMPICS PROGRAM

Track and field qualifying procedures

Rule 306.2. d

Track and field shall advance five individuals and five relay teams from each Regional to National. These shall be the top five finishers in each event. **The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship. The performance standard for the combined events is the average of the 8th place in the last three National Junior Olympic Championships.** The number of qualifiers from regional meets is fixed and no alternates may advance. The host Association shall qualify a like number.

2023 Junior Olympic Combined Events Performance Standards

Age	Group	Event	Standard
9-10	Boys	Triathlon	585
11-12	Boys	Pentathlon	1934
13-14	Boys	Pentathlon	2404
15-16	Boys	Decathlon	4479
17-18	Boys	Decathlon	5643

Age	Group	Event	Standard
9-10	Girls	Triathlon	934
11-12	Girls	Pentathlon	2259
13-14	Girls	Pentathlon	2722
15-16	Girls	Heptathlon	3672
17-18	Girls	Heptathlon	4103

National Advancement: All advancement done online thru  <https://www.athletic.net/>

The 2022 USATF Hershey Junior Olympic Championship will be held July 22 thru July 28 at University of Oregon, Eugene, OR. Information on the meet is on the USATF website at: <https://usatf.org/events/2023/2023-usatf-national-youth-outdoor-championships>

NATIONAL ENTRY FEES: \$10.00 Individual Event; \$40.00 Relay; \$26.00 Heptathlon/Decathlon; \$22.00 Triathlon/Decathlon

Individual Advancement - Top 5 individuals in each event/division.

Relay Teams - Top 5 teams in each division advance.

Combined Events - Top 2 advance on place; 3rd place must meet qualifying standard to advance.



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Day 1, Friday, July 7, 2023

Combined Events & Early Running

815am 3000m & 2000 Steeplechase First Call
900am 3000m Run Final – 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
Then...2000m Steeplechase Final to follow – 17-18G, 15-16G, 15-16B, 17-18B
915am Heptathlon First Call – 15-16G & 17-18G
100H, High Jump, Shot Put, 200m
930am Decathlon First Call – 15-16B & 17-18B
100m, Long Jump, Shot, High Jump, 400m
10:00am Heptathlon start
10:15 Decathlon start
Triathlon First Call – 9,10B & 9,10G
Shot, High Jump, 200m(G)/400m(B)
10:45am Triathlon start

Field Events

9:15am First call Field Events
10:00am Event starts
Javelin – 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
Hammer – 15-16B, 17-18B, 15-16G, 17-18G
12:00pm – Long jump – all divisions, 2 pits
c. 2:00pm – High jump – All Girls – all divisions
Pole Vault - 13-14G, 15-16G, 17-18G

Track Events

1:15pm First call for Track Events
2:00pm Track Events begin – Rolling Schedule
3000m Race Walk – 13-14B, 13-14G, 15-16B, 15-16G, 17-18G, 17-18B
1500m Race Walk – 9-10B, 9-10G, 11-12B, 11-12G
4x100m Relay Final – all divisions
4x800m Relay Final – 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
4x400 Relay Final – all divisions- 8U-18

REGION 2 USATF JUNIOR OLYMPICS

Day 2, Saturday, July 8, 2023

Combined Events

8:15am Decathlon First Call
8:30am Pentathlon First Call 13-14B, 13-14G
8:45am Heptathlon First Call
9:00am Decathlon start
110H, Discus, Pole Vault, Javelin, 1500m
9:15am Pentathlon start – 13-14B, 13-14G
100H, Shot, High Jump, Long Jump, 800G/1500B
9:30am Heptathlon start
Long Jump, Javelin, 800m
9:45 Pentathlon First Call 11-12B, 11-12G
10:30am Pentathlon 11-12 B&G start
80H, Shot, High Jump, Long Jump, 800G/1500B

Track Events

12:15pm First Call – Rolling Schedule
1:00pm 400m Hurdles semi – 15-16B, 17-18B, 15-16G, 17-18G
200m Hurdles semi – 13-14B, 13-14G
200m semi – all divisions
100m semi – all divisions
400m semi – all divisions

Field Events

8:15am First Call – all events
9:00am Shot – 8UB, 8UG, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G
Discus – 15-16B, 15-16G, 13-14B, 13-14G, 11-12B, 11-12G
9:15am Mini/Aero Javelin – 11-12B, 11-12G, 8UB, 8UG, 9-10B, 9-10G
Pole Vault – 13-14B, 15-16B, 17-18B...All to follow Decathlon PV

Day 3, Sunday, July 9, 2023

Track Events

8:15am First Call Track Events
9:00am Track Events Begin
80m Hurdles semi – 11-12G, 11-12B
100m Hurdles semi – 13-14G, 13-14B, 15-16G, 17-18G
110m Hurdles semi – 15-16B, 17-18B
100m Final – all divisions
1500m Final – all divisions
400m Final – all divisions
400m Hurdles Final – 15-16B, 17-18B, 15-16G, 17-18G
200m Hurdles Final – 13-14G, 13-14B
800m Final – all divisions
200m Final – all divisions
80m Hurdles Final 11-12G, 11-12B
100m Hurdles Final – 13-14G, 13-14B, 15-16G, 17-18B
110m Hurdles Final – 15-16B, 17-18B

Field Events

8:15am First Call Field Events
9:00am Field Events Begin
Triple Jump - 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
High Jump – All Boys – all divisions 9-18yo
Shot - 15-16B, 17-18B, 15-16G, 17-18G
Discus – 17-18B, 17-18G

All divisions = younger to older, girls then boys