



2009 USA Track & Field Midwest Zone Junior Olympic Track & Field Championships

Sunday, February 15, 2009
West Virginia University – Morgantown WV
SHELL BUILDING OFF MONONGAHELA BLVD

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

Age Divisions
Sub-Bantam (born 2001 & later)
Bantam (born 1999 - 2000)
Midget (born 1997–1998)
Youth (born 1995–1996)
Intermediate (born 1993–1994)
Young (born 1991-1992) * athletes born in 1990 are also eligible if they do not turn 19 on or before 8/01/2009
Open & Masters athletes may are welcomed.



Individuals: Must be current USATF members. Membership available at (usatf.org) U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the Bantam and Midget divisions may compete in a maximum of three events, including relays. Competitors in the Youth, Intermediate, and Young divisions may compete in a maximum of four events, including relays. Combined events are not included in the event count. All athletes must be 2009 members of USATF in good standing.

Relay Teams: Only registered 2009 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

On-Time Registration: Entry must be received by **midnight February 12, 2009**

Payment must be by Visa CC or electronic funds transfer.

Individual Entries: \$ **5.00** per event Relay Entries: **\$20.00** per relay team

All entries must be made using the official entry system. Proof of Birth (copy of birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification) is required and must be submitted at packet pick up. For relay team entry, please follow the instructions and submit an official USATF Relay Roster Form at the meet.

ENTRY PROCESS: ON LINE Entry at:

Individual - <http://www.usatf.org/events/entry/?eventID=C09003922>

Club -- <http://www.usatf.org/events/entry/?eventID=C09003922&mode=team> (batch entries/one payment)

Status of Entries page -

<http://www.usatf.org/events/entry/status/pages/C09003922.html> (link to this page so you can see if your entry has been received).

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form date:

December 23, 2008

SCHEDULE: Events will be run by age group, girls then boys. Many age group events may be combined based on number of entries and available lanes, although each age group will compete individually for awards. The schedule is a rolling schedule and start times may be moved up as much as one hour.

9:00 AM	3000 M (Bantam – up)	Shot Put	(All
Ages)			
9:30 AM	1500 M Racewalk	Long Jump	(All
Ages young to old)			
10:00 AM	60 M Hurdles trials (or Finals, midget up)	High Jump	(All
Ages young to old)			
10:30 AM	400M (All Ages young to old)		
11:00 AM	60 M Trials (All Ages young to old) or finals		
11:30 AM	800M (All Ages young to old	Pole Vault	(Ladies
Youth & older)			
Noon	4x200 Relay (All Ages young to old)		
12:30 PM	60 M Finals		
1:00 PM	60 M Hurdles Finals	Pole Vault	(Men
Youth & older)			
		Triple Jump	(Ages
Youth & up)			
1:20 PM	1500 M (Bantam – up)	Weight Throw	(Open
only)			
2:00 PM	200 M Timed Finals (All Ages young to old)		
2:30 PM	4x400 Relay (All Ages young to old)		

Event start times will be adjusted on Friday when all entries are in.

IMPLEMENT WEIGH-IN: available one hour prior to event start

EVENT CHECK-IN: There will be a check-in area for running events. Athletes must check in at these designated areas 30 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in. Field events check in will be held at the venue when event and age group is called.

COMPETITION BIB NUMBERS: All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$ 5.00. Bib numbers will be distributed to athletes at the Headquarters Hotel Saturday evening from 4:00 PM till 9:00 PM

EVENT RESULTS: During competition, event results will be posted inside the WVU facility. In addition, event results will be posted at **USATF.org**.

AWARDS: USATF Junior Olympic medals will be awarded to the top three individuals (top three teams in the relay events) in each event of each age division.

PROTESTS: There will be a \$ **200.00** fee for all protests. Protests must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

DIRECTIONS: From 79 South: Take exit 155, West Virginia University, and turn right on to Monongahela Blvd. Proceed through 3 stop lights and continue the hill you will pass the State Police Headquarters. The turn for parking for the Shell is on your right. You will turn right at the sign for Hawley Field. The Shell Building is the large building directly behind the outdoor track.

From 79 North: At the I-79, I-68 split stay on I-79 North. Take exit 155, West Virginia University, and turn left on to Monongahela Blvd. Proceed through 3 stop lights and continue the hill you will pass the State Police Headquarters. The turn for parking for the Shell is on your right. You will turn right at the sign for Hawley Field. The Shell Building is the large building directly behind the outdoor track.

From I-68: When I-68 connects with I-79, go north. Once on I-79 North, take exit 155, West Virginia University, and turn right on to Monongahela Blvd. Proceed through 3 stop lights and continue the hill you will pass the State Police Headquarters. The turn for parking for the Shell is on your right. You will turn right at the sign for Hawley Field. The Shell Building is the large building directly behind the outdoor track.

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Hotel List

Downtown Map Location	Hotel	Rates	Phone Number
F	Quality Inn and Suite (Headquarters Hotel)	\$69.99	304/599-1680
P	Best Western	\$64.00	304/599-5399
C	Euro - Suites	\$89.00	304/598-1000
E	Hampton Inn	\$85.00	304/599-1200

For more information on what to do in West Virginia, call the Visitors and Convention Bureau at 800-458-7373. There is a 6% tax on lodging in Morgantown, West Virginia

Present this form with age verification

-----**USATF Official Entry Form**-----

Name: _____ **Age Division:**

DOB: ____ ____ ____

(Last) (First) (Middle)

How old do you turn in 2009? _____ **Male or Female:**

Name of School: _____ **County:** _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone Number: _____ **E-Mail**

In consideration of my being accepted, I intend to be legally bound, for myself, heirs, executors, and administrators waive and forever discharge any and all rights and claims for damages which I may incur against WV USA T&F, Capital City Striders, WVU, and the Meet Directors.

USATF membership number _____

Athlete's Signature:

Parent/Guardian's Signature:

Events: 1) _____ 2) _____
3) _____ 4) _____

