



USA Track and Field Mid-Atlantic Association Delaware Area Junior Olympics Preliminary Qualifier Saturday, June 6, 2009

Location and Directions

Glasgow High School
1901 S. College Avenue
Newark, DE 19702
<http://www.christina.k12.de.us/maps/Bldgs/Glasgow.htm>

Time

- Registration & packet pick up: 7:30 am - 9:00 am
- Long Jump & 5000M/3000M begin at 8:30
- All other events begin promptly at 9:00 am

Volunteers Needed

We need your assistance to make this meet a success! Sign up to volunteer at packet pick-up or send contact information to meet contact. Larger teams are requested to provide 1 volunteer for every 10 athletes registered.

Registration and Cost

Entries must be postmarked by 6/1/2009. Registration: mail entry form, proof of age, and payment (money order and club checks only) by June 1st, 2009 payable to:

Wilmington Track Club
36 Manassas Drive
Middletown, DE 19709.

On-site entries accepted.

NO REFUNDS

Contact

Sharnette Handy-Hall, Wilimington Track Club
Email: shall36@verizon.net
Phone: 302-750-0354

Order of Events on page 2

Age Divisions 2009

Age Group	Birth Year
• Sub-Bantam	2001+
• Bantam	1999-2000
• Midget	1997-1998
• Youth	1995-1996
• Intermediate	1993-1994
• Young Men/Women*	1991-1992

*Athletes born in 1990 are also eligible if they do not turn 19 on or before 8/2/2009

USATF Memberships

All youth athletes are eligible to compete in preliminary meet. Both Team and Individual Athlete USATF membership numbers are required to compete in the Association Championships on June 13th, 2009 at Kutztown University.

Awards & Advancement

For each event and age group:
Junior Olympics ribbons for 1st-6th place

This meet is a Junior Olympic Qualifier meet. The top 6 in each event may advance to compete in the **Mid-Atlantic Association Championships on Saturday June 13th** at Kutztown University.

\$6.00/event, official entry form, relay roster entry, and documentation for proof of age must be completed prior to departing the June 6th Area Qualifier. **You must declare which events you will compete in (both contested and automatically advanced).**

Event limits: 3 events for Sub bantam- Midget and 4 events Youth-Young Men/women, these event limitation include relays. Multi-events are not included in event total: all multi-eventers must pay to advance at the Association Championship to compete in the Region 2 Championships in Jamestown, NY on July 9th-12th (Go to: <http://www.usatf-niagara.org/> for further details.)

Advancement Payments are payable by CASH ONLY!



USA Track and Field Mid-Atlantic Association
Delaware Area
Junior Olympics Preliminary Qualifier
Saturday, June 6, 2009

Order of Events

Track Events

Age Groups

5000 M Run	Final	YM
3000 M Run	Final	MG MB YB IG IB YW
3200 M Relay (4x800)	Final	MG MB YG YB IG IB YW YM
200 M Hurdles	Final	YG YB
400 M Hurdles	Final	IG IB YW YM
200 M Dash	Final	All divisions
800 M Run	Final	All divisions
80 M Hurdles	Final	MG MB
100 M Hurdles	Final	YG YB IG YW
110 M Hurdles	Final	IB YM
100 M Dash	Final	All divisions
400 M Dash	Final	All divisions
1500 M Run	Final	All divisions
1500 M Racewalk	Automatic Advancement	BG BB MG MB
3000 M Racewalk	Automatic Advancement	YG YB IG IB YW YM
400 M Relay (4x100)	Final	All divisions
4x400 M Relay	Final	All divisions
2000 M Steeplechase	Automatic Advancement	IG IB YW YM

Field Events

Age Groups

Long Jump	Final	All divisions
High Jump	Final	BG BB MG MB YG YB IG IB YWYM
Triple Jump	Final	YG YB IG IB YW YM
Shot Put	Final	BG BB MG MB YG YB IG IB YWYM
Discus	Final	MG MB YG YB IB IG YW YM
Javelin	Automatic Advancement	YG YB IG IB YW YM
Turbo Javelin	Final	BG BB MG MB
Pole Vault	Automatic Advancement	YG YB IG IB YW YM
Hammer Throw	Final	IG IB YWYM
Multi-events (Triathlon, Pentathlon, Heptathlon, decathlon)	Automatic Advancement	BG BB MG MB YG YB IG IB YWYM