



USATF Northeast Zone

Indoor Championships

Sunday, February 24, 2013

John Bennett Indoor Athletic Complex
1519 Hooper Ave, Toms River, NJ 08753

TRACK EVENTS - Events compete in listed order. First event 10am.

55MH Trials 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
55M Trials All divisions - youngest to oldest girls then youngest to oldest boys
400M All divisions - youngest to oldest girls then youngest to oldest boys
55MH Finals 17-18B, 15-16B, 17-18G, 15-16G, 13-14B, 13-14G, 11-12B, 11-12G
55M Finals All divisions - youngest to oldest girls then youngest to oldest boys
1500M All divisions - youngest to oldest girls then youngest to oldest boys
4x200 Relay All divisions - youngest to oldest girls then youngest to oldest boys
800M All divisions - youngest to oldest girls then youngest to oldest boys
200M All divisions - youngest to oldest girls then youngest to oldest boys
3000M 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
1500M RW & 3000M RW youngest to oldest - 9-10 through 17-18
4x400M Relay All divisions - youngest to oldest girls then youngest to oldest boys

AGE GROUPS - Age on Dec 31, 2013

8 and Under (U9) (old Sub Bantam)
9-10 (old Bantam)
11-12 (old Midget)
13-14 (old Youth)
15-16 (old Intermediate)
17-18 (old Young)
Age divisions may be combined in some events
based on entry numbers & time constraints.
Events based on USATF Youth Rules.

*Up to 1/8" Pyramid spikes allowed.
Inspection & certification done near bib pickup
& again at start line.*

FIELD EVENTS - Events Compete Concurrently. SP, HJ & LJ start at 8:30am; PV starts at 10am.

SP 13-14G, 13-14B, U9G & U9B, 9-12G, 15-18G, 15-18B, 9-12B
HJ 9-10G, 9-10B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B, 11-12G, 11-12B
LJ* 11-12G, 11-12B, 15-16G, 17-18G, U9G, U9B, 15-16B, 17-18B, 13-14G, 13-14B, 9-10G, 9-10B
then TJ* 13-18G, 13-18B
*3 Jumps - No Finals.

PV Youngest to oldest – 13-14 through 17-18

*Shots provided by meet
management.*

*Personal Shots allowed
if they pass inspection.
Starting blocks provided.*

ELIGIBILITY REQUIREMENTS:

Individuals: Only 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. **All athletes must be 2013 USATF members in good standing.** Go to www.usatf.org to obtain a membership for \$20 (18 years and under).

Relays: All relay teams members must be in registered USATF clubs. All athletes representing the club must be affiliated with and members of that club as part of their USATF membership.

HOW TO ENTER THIS MEET: Entries online only at www.usatfnj.org/youth by 5pm Wednesday, February 20th.

NO mail in or post registration. Coaches can register team athletes. Unattached minor athletes (7-17) must have a parent or guardian register them. 18 year old unattached athletes may register themselves.

FEES, PRE-ENTRY ONLINE ONLY: \$8/Individual/Event; \$32/Relay. **AGE GROUPS** determined as of December 31st, 2013. Athletes who are still eighteen (18) years of age through July 30th, 2013 are eligible to compete.

PROOF OF AGE: All participants must have date of birth verified in their USATF membership. **No Exceptions.** Entrants who have not had their date of birth verified in their USATF membership must submit a non-returnable copy of their birth certificate, passport, certified baptismal record, driver's license, or U.S. government identification to their home association membership chair by Wednesday, February 13th to allow enough processing and registration time before entry deadline.

AWARDS: USATF medals to top six individuals in each age group & gender.

ADVANCEMENTS: Top 6 individuals in each age group will advance to the National Indoor Championships in Prince George's County, Maryland on March 9-10, 2013. **Advancements must be completed and & paid for online within 48-96 hours after the Northeast Zone meet results are posted online. The link to advance will be on the New Jersey website: www.usatfnj.org/youth.**

DIRECTIONS: **From the North:** Garden State Parkway (GSP) South to Exit 82 (Rte 37 East). Continue on Rte 37E to 2nd traffic light (Hooper Ave). Take jug handle over Rte 37 & go north on Hooper Ave. The Sports Complex is approx. 500' after the 7th traffic light (Indian Hill Rd). **From the South:** Take GSP North to Exit 83 (Pleasant Plains). Make 1st right onto Route 571 (Indian Head Rd). Go to 4th light (Hooper Ave). Take jughandle after the light. Proceed north Hooper Ave. The Sports Complex is approx. 500' after the 4th traffic light (Indian Hill Road). **From the West:** Take Route 70 East to Route 37 East. Continue on Rte 37E underneath the Garden State Parkway. At 2nd light after the overpass take the jug handle over Rte 37, to go north on Hooper Ave. The sports complex is approx. 500' after the 7th traffic light (Indian Hill Rd).

CONTACT: Pam Fales at usatfnj@hotmail.com or 973-334-8900 or go to www.usatfnj.org/youth