

MEET INFORMATION



USATF Southern Association Championships
13 June 2009

Alexandria Senior High School
800 Ola Street
Alexandria, LA

Byron Turner
C: 225-892-3489 H: 225-2 33-6722 F: 225-612-4912
Email: byronturner@southernmasters.org
www.usatfsouthern.org

2009 USATF SOUTHERN ASSOCIATION

Date	Event	HOST	Phone	Email	Location
27-28 Mar 2009	LSU Relays	Todd Lane		toddlane@lsu.edu	LSU, Baton Rouge, LA
10-11 April 2009	Pelican Relays	Greg Thompson	225-802-2722	gregt15_91@yahoo.com	Southern University
18-Apr-2009	KY Developmental Meet	Lester Patterson, KY Track Club	225-603-1218	lpatterson19@cox.net	Scotlandville HS, Baton Rouge, LA
25-Apr-2009	Future Track Club Developmental Meet	Trent Ellis, The Future Track Club	225-288-9434	toeellis@yahoo.com	Zachary HS, Zachary, LA
2-May-2009	First Start track and field clinic for beginners	Baton Rouge Sports Foundation/Byron Turner	225-892-3489	byronturner@southernmasters.org	Woodlawn HS/Baton Rouge, LA
16-May-2009	The Future Invitational Meet	Trent Ellis, The Future Track Club	225-288-9434	toeellis@yahoo.com	Zachary HS, Baton Rouge, LA
16-May-2009	Peak Performance Invitational Meet	Dennis Groll, Peak Performance Track Club	318-355-2598	dgroll@comcast.net	ULM, Monroe, LA
23-May-2009	The Feliciana Classic	Rev. Burnett King, Faith Track Club	225-202-8431	revbking@bellsouth.net	Jackson HS, Jackson, LA
30-May-2009	Tommy Smith Track Classic	National Office of 100 Black Men/Jackie Callendar	504-237-6526	jajacoki@aol.com	Tad Gormey Stadium, New Orleans, LA
6-Jun-2008	Peak Performance Track Classic	Dennis Groll, Peak Performance Track Club	318-355-2598	dgroll@comcast.net	ULM, Monroe, LA
13-Jun-2008	USATF Southern Association Championship	Byron Turner, Youth Chairman	225-892-3489	byronturner@southernmasters.org	Alexandria HS, Alexandria, LA
20-Jun-2009	Greater King David Invitational	Roderic Newton, Greater King David Track Club	225-278-2389	rnewton@dhh.la.gov	Woodlawn HS/Baton Rouge, LA
25-28 Jun-2009	Association JO Outdoor T&F Championship (Host: GKD)	Roderic Newton, Greater King David Track Club	225-278-2389	rnewton@dhh.la.gov	Port Allen HS/Port Allen, LA
30 June - 5 Jul-2009	USA Youth Outdoor T&F Championship				Eastern Michigan University, Ypsilanti, MI
9 - 12 Jul-2009	USATF Regional JO Outdoor T&F Championship	Mark Birdwell	205-862-2477	trakbird2@bellsouth.net	Nashville, Tennessee
28 July - 2 Aug 2009	USATF National JO Outdoor T&F Championship				North Carolina A&T State University, Greensboro, NC

All meet specific information is posted on the Track and Field page at www.usatfsouthern.org

ENTRY INFORMATION AND INSTRUCTION

Entry Procedure

1. All entries will be done electronically through www.coacho.com. However, Masters are allowed to submit the registration form within this packet.
2. Entry Deadline is **June 9th** Entries may be made as early as **March 1st** You may make changes as often as you wish until the entry deadline.
3. No Faxed or Phoned entries will be accepted.
4. Declaration MUST be completed by **June 6th** for youth

Entry Fees

1. Entry fees are **\$8.00** per athlete and **\$8.00** per relay team
2. Payment will be made online through www.coacho.com
3. Certified officials who come to work the meet, entry fee is **free** with Officials ID

TEAM PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in front of stadium beginning 1 hour prior to the first event

UNATTACHED PACKET PICKUP

Unattached athletes can pick up their packet at check in area identified in front of stadium beginning 1 hour prior to the first event and will continue throughout the day.

MEET PACKETS

Packets will include heat sheets, time schedule, athlete and coaches wrist bands and/or bib numbers if used.

SPECTATORS

General Public Admission cost is **FREE** for USATF members Only. All others, Admission fee is \$5.00

Team Task

Each team represents the association and to be able to host this meet, by entering, your team will be required to assist in running at least one event. Feel free to contact the Youth Chair with an event of preference. Otherwise, assignments will be done on June 10th with the release of the performance list.

EVENTS BEING CONTESTED (** represents events allowing Masters/Open participants)

3000m Run **
1500m Run**
80m Hurdles **
100m Hurdles **
110m Hurdles **
100m Dash **
400m Dash**
200m Dash**
800m Run **

300m/200m Hurdle**
400m Hurdle **
Race Walk**
Long Jump**
Pole Vault **
Javelin **
Shot Put **
Triple Jump **
Discus **

High Jump **
4x100 Relay**
4x400 Relay**
4x800 Relay**

Meet Schedule

Running Event Finals

9:00 AM	3000 Meter Run	MW, MM, OW, OM, MG, MB, YG, YB, IG, IB, YW, YM
	4x100 Meter Relay	MW, MM, OM, OW, TG, TB, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM
	1500 Meter Race Walk	MW, MM, OW, OM, BG, BB, MG, MB
	400 Meter Hurdles (36'')	IB, YM, MM [30-39]
	400 Meter Hurdles (33'')	MM [30-59]
	400 Meter Hurdles (30'')	IG, YW, MW [30-49]
	200 Meter Hurdles (30'')	YG, YB
	300 Meter Hurdles (30'')	MM [60-69], MW [50-59]
	300 Meter Hurdles (27'')	MM [70-Up], MW [60-Up]
	400 Meter Dash	MW, MM, OW, OM, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM,
	3000 Meter Race Walk	YG, YB
	1500 Meter Run	MW, MM, OW, OM, BG, BB, MG, YG, YB, IG, IB, YW, YM
	100 Meter Dash	MW, MM, OW, OM, TG, TB, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM
	800 Meter Run	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
	110 Meter Hurdles (39'')	IB, YM, MM [30-49], OM
	100 Meter Hurdles (36'')	MM [50-59]
	100 Meter Hurdles (33'')	YB, IG, YW, MW [30-39], OW
	100 Meter Hurdles (33'')	MM [60-69]
	100 Meter Hurdles (30'')	YG
	80 Meter Hurdles (30'')	MG, MB,
	80 Meter Hurdles (30'')	MW [40-99]
	80 Meter Hurdles (27'')	MW [50-59]
	80 Meter Hurdles (30'')	MM [70-79]
	80 Meter Hurdles (27'')	MM [80-UP]
	200 Meter Dash	MW, MM, OM, OW, TG, TB, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM
	4x800 Meter Relay	MW, MM, OW, OM, MG, MB, YG, YB, IG, IB, YW, YM
	5000 Meter Race Walk	IG, IB, YW, YM,
	4x400 Meter Relay	MW, MM, OW, OM, SG, SB, BG, BB, MG, YG, YB, IG, IB, YW, YM

All events will follow order stipulated. Masters will begin with the age group of the oldest competitor down to the Open division with Women before Men unless otherwise stipulated.

All running events will be finals with heats against times. If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.

Field Event Finals (4 attempts)

9:00 AM	Long Jump	<i>Pit A</i>	MM, OM, YG, YB, IG, IB, YW, YM
	Long Jump	<i>Pit B</i>	MW, OW, SG, SB, BG, BB, MG, MB
	High Jump		MW, MM, OW, OM, YM, YW, IB, IG, YB, YG
	Javelin		SG, SB, BG, BB, MG, YG
	Discuss		MM, OM, MB, YB, IB, YM
	Shot Put		MW, OW, YW, IG, YG, MG, BG, SG
11:30 AM	Javelin		MW, MM, YB, IG, IB, YW, YM
	Discus		MG, YG, IG, YG, MW
	High Jump		MB, MG, BB, BG, SB, SG
	Shot Put		MM, OM, YM, IB, YB, MB, BB, SB
	Triple Jump	<i>Pit A</i>	MM, OW, YB, IB, YM
	Triple Jump	<i>Pit B</i>	MW, OW, YG, YW, IG
9:30 AM	Pole Vault		YG, IG, YW, YB, IB, YM, MW, MM

Field Events will be contested as follows:

- Each entry will have 4 attempts with exception of high jumps and pole vaults. There competition rules apply.
- No Finals, event awards are based on top competitors in each age division.
- All events will follow order stipulated. Masters will begin with the age group of the oldest competitor down to the Open division with Women before Men unless otherwise stipulated.

AGE GROUPS

<u>Division</u>	<u>Code</u>	<u>Age</u>	<u>Birth Year</u>	<u>Maximum Events</u>
Tiny Tots	(TG/TB)	6 & Under	2002 or earlier	3
Sub-Bantam	(SG/SB)	7- 8	2000-2001	3
Bantam	(BG/BB)	9-10	1999-2000	3
Midget	(MG/MB)	11-12	1997-1998	3
Youth	(YG/YB)	13-14	1995-1996	4
Intermediate	(IG/IB)	15-16	1993-1994	4
Young Men/ YoungWomen	(YW/YM)	17-18	1991-1992	4
Open	(OW/OM)	19 – up	-	
Master	(MW/MM)	30 – up	-	
GIRL (G) Women (W)		BOY (B) Men (M)		

**USATF Southern Association
Track and Field Championships
Saturday, June 13th**

**Alexandria High School
800 Ola Street
Alexandria, LA**

Registration form

Entry fees: \$8 per athlete for an unlimited number of events, Relays entries are free and can be done on site.

USATF cards are required and must be obtain prior to June 13th.

Name _____ DOB _____ Age on 6/13/09 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ USATF# _____

I hereby agree to release and discharge Southern Association of USATF, Alexandria High School, and any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature _____ Date _____

Circle the events you want to enter and your best performance (if any) in the prior year:

Discus	_____	Pole Vault	_____	3000M	_____	4x100 Relay	_____
Shot Put	_____	3000 RW	_____	1500M	_____	4x400 Relay	_____
Javelin	_____	1500 RW	_____	800M	_____	4x800 Relay	_____
Long Jump	_____	80/100/110 HH	_____	400M	_____		
Triple Jump	_____	300/400 IH	_____	200M	_____		
High Jump	_____			100M	_____		

Make checks payable to USATF Southern

Mail entry to:

USATF Southern Association
Attn: Byron Turner
Post Office Box 4695
Baton Rouge, LA 70821