



Region 8
Track and Field Championships Meet
July 5-8, 2018
Iowa State University
Cyclone Sports Complex
1022 Welch Avenue
Ames, Iowa



Meet Passport



2018 USATF JUNIOR OLYMPIC REGION 8 MEET INFORMATION

July 5-8, 2015 Ames, Iowa

Facility Location/Regulations

The 2018 Regional will be held at Iowa State University, Ames, IA , site of the 2015 Big12 Championship Meet

- No outside food or drink
- No Pets, except service animals.
- Concessions will be available throughout the 4-day meet.
- Event merchandise is located in the pavilion outside the track, near the 100 start.
- Facility website link [Cyclone Sports Complex](#) .

Note: In the event of severe weather, meet participants, personnel and spectators will be evacuated.

They will be directed to appropriate facilities – locker rooms, training rooms, storage rooms, or nearby dorms (in case of tornado). ISU staff will be on site to monitor weather and administer any weather related evacuations.

Hotel and Visitors Information

Hotel Information: [Ames Hotels](#)

Restaurant Information: [Ames Restaurants](#)

Entertainment Information: [Ames Entertainment](#)

Hotel Information – USATF Region 8 Meet Ames, IA July 5-8, 2018

Hotel	Phone	Address	Website	B r e a k f a s t	P o o l	R e s t a u r a n t	Rate	Notes
AmericanInn Motel and Suites	515-233-1005	2507 SE 16 th St	www.americinn.com/hotels/ia/ames	X	X		Avg. \$175.00	\$129.00 on Thur, \$199.00 on Fri and Sat
Days Inn	515-232-0280	229 S Duff Ave	www.daysinn.com	X			\$99.99	
Econolodge	515-233-6060	2600 SE 16 th St	www.econolodge.com	X	X		\$94.99 - \$99.99	
Fairfield Inn & Suites	515-232-4000	2137 Isaac Newton Dr.	www.fairfieldinn.com/dsmi	X	X		\$179.00	
Gateway Hotel & Conference Center	515-292-8600	2100 Green Hills Dr.	www.gatewayames.com	X	X	X	\$149.00	
Grandstay	515-232-8363	1606 Kellogg Ave	www.fairfieldinn.com/dsmi	X	X		\$124.90 - \$149.90	All rooms are suites
Holiday Inn Express	515-232-2300	2600 E 13 th St	www.hxames.com	X	X		\$130.00	
Holiday Inn Ames Conference Center	515-268-8808	2609 University Blvd	www.holidayinn.com/amesiowa	X	X	X	\$159.99	Will become a Radisson this spring.
Quality Inn & Suites	515-232-9260	2601 E 13 th St	www.qualityinn.com/jotel-ames-iowa-IA102	X	X	X	\$119.00	

Please contact participating hotels directly to make your reservation. Rates listed are for standard rooms, based on a per night charge. Rates do not include taxes or other applicable fees and are subject to availability. Reservations must be made by June 5, 2018 to qualify for the USA Track and Field Region 8 Meet rates and must be guaranteed with a credit card or deposit as specified by hotel/motel. Please ask about cancellation policies and minimum length of stay when making your reservation.

Spectator Admission

Admission prices for all spectators are as follows. All athletes and certified coaches (identified prior to the meet) must wear their competition number or badge to enter the facility free of charge. Only competing athletes will be allowed within the competition field.

Day	Spectator	Under 6
Thursday Only	\$5.00	Free
Friday Only	\$5.00	Free
Saturday Only	\$5.00	Free
Sunday Only	\$5.00	Free
4-Day Meet Pass	\$17.00	Free

Cash, no checks.

Athletes will gain free entrance as long as they are wearing their wrist band.

Coaches must:

- **Be a current USATF member,**
- **Have a current USATF background screen,**
- **Have completed the SafeSport course, and**
- **Be listed as a coach on their club's USATF on-line club registry**

Packet Pick-Up

Packet pick-up will be at a tent located at the track entrance on the west side. Packet pick-up will be open during meet hours and from 5-7 on July 4, 5, and 6.

Team/Volunteer/Spectator Parking

Parking will be available in lot west of the stadium.

Registration Fees/Deadlines

The Fees for the Region 8 Meet are as follows, \$8 for individual events, \$32 for relays, \$20 for the Decathlon/Heptathlon, and \$15 for the Pentathlon/Triathlon. Registration is through Athletic.net only. The opening date for registration may vary with individual Associations. It will be dependent upon completion of that Association's Meet and that meet administration providing results to athletic.net. The goal will be to have registration available for the respective athletes 5 days after their Association meet.

The entry deadline in Athletic.net is midnight on July 1st. This deadline will allow the host Association to prepare appropriately for the meet based on entries at that time.

Late Entries

Late entries **must go through, and be approved** by your respective association chair.

If approved the fee structure will be as follows:

Within 24 hours past the original deadline	Monday	\$25 per athlete
24-48 hours past the original deadline	Tuesday	\$50 per athlete
48-72 hours past the original deadline	Wednesday	\$75 per athlete
Anytime after that	Thursday	\$100 per athlete

Late fees will be due at gate when picking up athletes bib.

Athlete Competition/Bib Numbers

Athletes entered in the meet will receive a bib number at packet pick-up along with a wristband. Bib numbers are required for competition and must be worn on the front of the uniform unless instructed otherwise. There is a \$5 replacement fee for lost bib or wristband. Requests for replacements should be made at the Registration tent located outside the main gate. A wristband is required at admission gate for free admission.

Running Event Information

Athletes entered in running events must report to the clerking/hipping area when called (usually 30 minutes prior to the scheduled time of the event.) Bib numbers are required for check in.

Any preliminary events that have eight (8) or fewer competitors at check-in will be contested as a final AT THE SCHEDULED PRELIMINARY TIME. Athletes will receive heat and lane assignments and hip numbers in the clerking area prior to each race.

Only competing athletes will be allowed in the clerking area. For preliminary events, the top (8) will advance to finals based on time.

Coaches/Parents will not be allowed in the declaration or clerking areas

Heat Assignments

All events will be seeded prior to the start of the meet.

Events with prelims (200m and below) will be seeded completely random, heat and lane assignments will all be random. All other events (400 and above and 200 hurdles) will be seeded based on times from the respective association meets. The fastest times will be in the last heat. For example: in a 400M Dash with 29 competitors. The top 8 times will be in heat 4, the next 8 fastest in heat 3, the next 8 in heat 2, and the remaining 5 in heat 1. The respective heats will have lane assignments as such – the fastest 4 times in the heat will be randomly placed in the middle 4 lanes, and the remaining runners will be randomly placed in the remaining lanes.

Advancement to Finals

Events that have prelims with advancers to finals will advance the fastest 8 runners to the finals based on time.

Relay Information

Reminder – members of relay teams must wear a top of the same color as well as shorts of the same color or matching body suits. Relay teams should provide their own batons. A limited number of batons will be available if needed.

Relay zone exchanges have been changed.

Rule 170.3

In the 4x100m, the 4x200m, the first and second exchanges in the 'Swedish' Medley and the outdoor Sprint Medley relays, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third exchange in the 'Swedish' Medley Relay and in the 4x400m and longer relays each exchange zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each exchange conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their exchange zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.5 is observed.

Translation: The exchange zone is now 30 meters long with no acceleration zone. Athletes can line up anywhere within the 30 meter zone. Exchange must be made before the end of the exchange zone. (eliminates exchanging before entering the zone) Since NCAA and NFHS has not adopted this rule yet, tracks will still be marked the old way, so the exchange zone will be the acceleration (olympic) zone plus the traditional exchange zone.

Starting Blocks (Rule 302.2(e))

Athletes in the 15-16 and 17-18 age groups shall, in accordance with Rules 161, be required to use starting blocks for all events up to and including the 400 Meter Dash and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the 8 & U, 9-10, 11-12, and 13-14 age groups general rules regarding the use of starting blocks and stance are waived (the use of starting blocks and stance is within the discretion of the competitor). The setting of a competitor's starting blocks other than by the competitor or an individual designated by the starter is prohibited.

All athletes will be required to use blocks supplied by the organizing committee.

False Start Rule (302.2(d))

False starts are called on individuals, not on the field. For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, for a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s), and when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s). For a second false start, the respective competitor(s) shall be disqualified.

Field Event Information

Throwing implements that comply with required specifications and belong to individuals may be accepted for use in competition. Implements accepted shall lose their identity as privately owned for the duration of the competition. Privately owned javelins are exempt from this loss of identity rule. The top (8) best marks will advance to the finals. In the pole vault we will follow Rule 302.5(n). We will have a field referee inspecting poles prior to warm-up to make sure that the poles are legal equipment. Each competitor will also be required to weigh in, to ensure that the athlete's weight shall be at or below the manufacturer's pole rating.

High jump progression will be 5cm, pole vault 15cm (both open and combined events) as stated in Rule 302.5(o) and 302.6(d).

High Jump and Pole Vault starting heights will be determined as set in Rule 302.5(o), and are as follows:

High Jump, Female		High Jump, Male		Pole Vault, Female		Pole Vault, Male	
9-10	0.90m (2' 11 ½")	9-10	0.85m (2' 9 ½")	13-14	1.60m (5' 3")	13-14	2.05m (6' 8¾")
11-12	1.10m (3' 7 ¼")	11-12	1.10m (3' 7 ¼")	15-16	1.90m (6' 2¾")	15-16	2.95m (9' 8")
13-14	1.20m (3' 11 ¼")	13-14	1.35m (4' 5")	17-18	2.30m (7' 6 ½")	17-18	3.50m (11' 5¾")
15-16	1.30m (4' 3 ¾")	15-16	1.50m (4' 11")				
17-18	1.35m (4' 5")	17-18	1.60m (5' 3")				

Awards/National Entry Information

Awards will be presented to top 5 finishers in all events, including combined events, IMMEDIATELY upon completion of the final. Athletes should proceed to the award stand at the center of the track immediately after the event. Track and field shall advance the top five (5) placed individual and the top five (5) placed relay teams to the National meet.

The top two (2) places in the combined events (tri/pent/hep/dec) plus any athletes meeting the performance standard below (in this meet) will qualify for the national meet. The top (5) athletes for the combined events will still receive awards.

Athletes must be seven (7) years of age by December 31 of the current year to compete at the Junior Olympic National Meet. Entries will be online only. The USATF Hershey National Junior Olympic Track and Field Championships will be held from Monday, July 23rd to Sunday, July 29th at North Carolina A&T University in Greensboro, NC [National Meet Site](#)

Performance Standards for 2018 USATF JO Combined Events

Triathlon 9-10 year old	Pentathlon 11-12 year old	Pentathlon 13-14 year old	Heptahlon/Decathlon 15-16 year old	Heptahlon/Decathlon 17-18 year old
Girls 997 pts Boys 622 pts	Girls 2518 pts Boys 2082 pts	Girls 2762 pts Boys 2625 pts	Girls 3954 pts Boys 5263 pts	YW 4303 pts YM 5974 pts

Question/protest procedures

There will be an area designated for questions and/or protests. You have 30 minutes after the results of an event have been posted to file a protest, per Rule 146.2. A \$75.00 cash fee is required and will be refunded only if the protest is upheld.

Results

Results will be posted by the concession stand of the stadium.

Warm-Up and Coaches Area

The running events warm-up area is located on the grass area which is south of the competition track. Field events will have specified warm-up areas and coaches boxes near the competition site. Absolutely no warm-ups on the soccer field/track in-field.



Track Facility Specifications

Track

This is an 8 lane 400-meter track. All races will utilize Finish Lynx Automatic timing system as primary and back up.

Spikes must be pyramid shaped with a maximum exposed length of ¼ inch. This applies to the long jump, triple jump, high jump and pole vault as well as all running events. Meet officials will enforce this rule. The penalty for this infraction is disqualification.

Long/Triple Jump

The long jump/triple jump will be contested along the north runway (backstretch). We will utilize two pits, either west or east depending on wind.

High Jump

The high jump will be contested on the infield in the east apron. There will be two pits set up.

Pole Vault

The pole vault will be contested in the west apron of track.

Shot Put

The shot put will be contested on the northeast corner outside of the main track facility by the throwing events. The competition circle is cement. There will be a practice ring available.

Discus

Will be contested on the discus circle located outside the track. The competition circle is cement.

Hammer

Will be contested on the hammer circle located outside the track. The competition circle is cement.

Javelin

The javelin will be contested outside the track (north side). The competition runway is an asphalt rubberized surface.

Weighing of Implements

All implements will be weighed and measured in the garage on the west end of the stadium.

Pole Vault – Weigh in and Pole Storage

Weigh in for vaulters will be available in the garage on the west end of the stadium at any time prior to the start of their event. Pole storage will also be available in this spot.

End



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Thursday July 5, 2018:

12:30 pm	Decathlon Day 1	15-16B; 17-18M
1:00 pm	Pentathlon	11-12G; 11-12B
1:30 pm	Heptathlon Day 1	15-16G; 17-18W

Friday July 6, 2018 :

10:00 am	Pentathlon	13-14G; 13-14B
10:30 am	Decathlon Day 2	15-16B; 17-18M
11:00 am	Heptathlon Day 2	15-16G; 17-18W
1:30 pm	Triathlon 9-10G;	9-10B
2:00 pm	1500 meter Race Walk	9-10G/B; 11-12G/B
2:30 pm	3000 meter Race Walk	13-14G/B; 15-16G/B; 17-18W/M
3:30 pm	2000 meter Steeplechase	15-16G; 17-18W
3:50 pm	2000 meter Steeplechase	15-16B; 17-18M

NOTE: Combined Events Races May Supersede Steeplechase Events

Friday July 6, 2018 Field Events:

Hammer Throw		Long Jump		High Jump	
3:00 pm	15-16G; 17-18W	2:00 pm	8 & Under G/B	3:30 pm	11-12G/B
4:00 pm	15-16B; 17-18M	4:00 pm	9-10 G/B		

Saturday July 7, 2018 Track Events:

9:00 am	100m dash	prelims
10:20 am	4 x 800 relay	finals
10:50 am	80/100/110 hurdles	prelims
11:35 am	4 x 100 relay	finals
12:35 pm - 1:05 pm <u>BREAK</u>		
1:05 pm	400 m dash	finals (timed)
2:20 pm	1500m run	finals
3:40 pm	200m dash	prelims

Saturday July 7, 2018 Field Events:

High Jump (2 Pits)		Long Jump (2 Pits)		Pole Vault (1 Pit)	
8:00 am	17-18 M/W	8:00 am	15-16 B/G	9:00 am	13-14 B, followed by 17-18M, then 15-16B
10:00am	15-16 B/G	10:00am	13-14 B/G	(there will be appropriate warmup	
11:45am – 12:15pm	Break	12:00am – 12:30pm	Break	Between age groups)	
12:15 pm	9-10 B/G	12:30 pm	11-12 B/G	(PV workers 30 min break after 17-18M)	
2:00 pm	13-14 B/G	2:30 pm	17-18 M/W		

Shot Put (2 Rings)		Turbo Javelin		Discus Throw	
8:00 am	8 & Under B/G	8:00 am	9-10 G	8:00am	17-18 W
9:15 am	9-10 B/G	9:15 am	11-12 B	9:30 am	17-18 M
10:30 am	11-12 B/G	10:30 am	8 & Under B	11:00 am	15-16 G
12:00pm – 12:30pm	Break	11:45am – 12:15pm	Break	12:30pm – 1:00pm	Break
12:30 pm	13-14 B/G	12:15 pm	9-10 B	1:00 pm	15-16 B
2:00 pm	15-16 B/G 17-18 M/W	1:30 pm	8 & Under G	2:35 pm	11-12 G 13-14 G
3:30 pm	17-18 M/W 15-16 B/G	2:45 pm	11-12 G	4:00 pm	13-14 B

** A couple of changes have been made to field event schedules. They are highlighted in RED above.

Sunday July 8, 2018 Track Events:

9:00 am	3000m run	finals
10:40 am	80/100/110 hurdles	finals
11:05 am	100m dash	finals
11:40 am	800m run	finals
12:55 pm	200/400 hurdles	finals
1:35 pm	200m dash	finals
2:05 pm	4 x 400 relay	finals

Sunday July 8, 2018 Field Events:

Triple Jump		Javelin		Discus	
8:30 am	17-18 M/W	8:00 am	13-14 G	9:15 am	11-12 G
9:40 am	13-14 B; 15-16 B	9:00 am	13-14 B	10:45 am	11-12 B
10:50 am	13-14 G; 15-16 G	10:00 am	15-16 G		
		11:00 am	17-18 W		
		12:00 pm	15-16 B		
		1:00 pm	17-18 M		

Pole Vault

9:00 am 13-14G, followed by 15-16G, then 17-18W
(there will be appropriate warmup between age groups)

Questions please contact:

Iowa:

Jim Walczyk (515) 771-4246
jim.walczyk@gmail.com

Scott Tjeerdsma (319) 830-2453
scott.tjeerdsma@pella.k12.ia.us

Region 8:

Rubin Carter (402) 203-9190
coachc2009@yahoo.com



- 1. Packet Pick-up
- 2. Information/Protest Tent
- 3. Warm Up Area
- 4. Clerking and Hipping

- 5. Shot Put
- 6. Hammer/Discus
- 7. Javelin
- 8. Weights and Measures

- 9. Long/Triple Jump
- 10. High Jump
- 11. Pole Vault
- 12. PV Storage

- 13. Awards
- 14. Concessions
- 15. Restrooms
- 16. Apparel Sales