



Central California USATF
Region 14 Regional / Multi Youth Championship
Tulare Union High School

June 24, 2010 3:00 P.M.
June 25, 2010 3:00 P.M.
June 26, 2010 8:00 A.M.
June 27, 2010 8:00 A.M.

May 26, 2010

Dear Central California / USATF Clubs, Coaches, Parents, and Athletes:

Hello!! The Central California Association of USA Track & Field (USATF) welcomes you to the Youth Track & Field Region 14 Regional / Multi Youth Championships. The Region 14 meet is the only qualifying meet for athletes to move on to Nationals. The competition will be held Thursday, Friday, Saturday, and Sunday June 24th – 27th at Tulare Union High School in Tulare. For all question and the latest updates regarding the 2010 Region 14 Regional Championship meet, please contact meet director.

Lawrence Watson lawrencewatsonus@yahoo.com or 661-316-8357

David Lawrence dlaw222@yahoo.com

Timing By: Finish Line Club: rod6@comcast.net

NO LATE REGISTRATION: Online registration will be available – Coach – O

Due to implementation of online registration, there will be no late registration, no back – door registration, no same – day registration. You must complete your registration process before midnight June 14, 2010. The system will shut down at that time and if you are in a work – in – progress all will be lost. Don't wait until the last minute.

Note: You will not be able to register your athlete's to compete if they don't have a current USATF membership card. **THERE WILL BE NO EXCEPTIONS TO THIS RULE.** You will not be able to register an athlete for this meet if their birth date has not been validated with Central California Association. Please make sure to take care of both of these items **NOW.**

New USATF false start rule for Intermediate and Young age groups:

Effective immediately, the Intermediate Girl / Boy and Young Women / Young Men age groups are no longer allowed any false starts, same as their high school rule. Bantam, Midget, and Youth age groups are still allowed one false start.

Competition Age Groups:

Age Group	Birth Year	Maximum Amount of Events
Bantam	2000 – or Later	3 Events
Midget	1998 – 1999	3 Events
Youth	1996 – 1997	4 Events
Intermediate	1994 – 1995	4 Events
Young Women / Men	1992 – 1993 1991 if born on or after August 1 st	4 Events

Entry Fees:

Athletes Fees:	\$ 7.00 Event
Relays Fees:	\$ 28.00 Per Team
Multi Fees:	Triathlon \$15.00 Pentathlon \$ 15.00 Heptathlon / Decathlon \$ 20.00

Admission: \$ 5.00 spectator's fee and (kids under 5 years of age free).

Changes Made: Any changes that need to be made the day of event, such as NAME, DIVISION, BIB NUMBER and GENDER.

Will be charge \$25.00 a change so please make sure everything is correct before submitting.

Club / Unattached Athlete Packet Pick – up:

Only a club coach, parent or volunteer with a USATF background check ID card or parent of an unattached athlete can pick up competition bib numbers and related materials at Tulare Union High School. Packet pick – up table will be open from 3:00 P.M. to 7:00 P.M. on Thursday, and Friday June 24, & 25 and on Saturday at 7:00 A.M. to 8:00A.M. Arrive early enough to get this process out of the way before the meet begins.

Results Posting:

Results will be posted at a designated location during the meet as soon after the competition as possible. Posted results are for the benefit of everyone so please don't remove them. They will only be posted once, if they are removed they will not be reposted again and athletes will have to wait to read results on the website at a later date.

Check the Central California Association website www.central-california.usatf.org for final results a few days after the meet is completed.

Driving Directions:

From Madera, Fresno, and Clovis – Take CA – 99 South to Tulare. Take exit 137 right turn E. Tulare, left on S. Blackstone St and right on E. Kern Ave.

From Bakersfield, Taft, Lamont, Ridgecrest – Take CA – 99 North to Bardsley Ave turn left, right turn on S. Blackstone St. and left on E. Kern Ave.

Club Volunteer Rules:

Clubs entering athletes shall, provide at least (3) volunteers when requested by meet management. Remember that this meet cannot happen without your support! Therefore, to sign you or your club up for a volunteer role, please contact Ron Ryan ryanstermite@yahoo.

Athlete Check – In:

Check – In athletes must check in between the first and final call for each event. Coaches must have their athletes checked into the designated areas no later than FINAL CALL for each event. Athletes should

remain in the checking area. After the event is closed no changes will be made for any running events. Field event athletes must check in at their particular field event.

All four members of a relay team must check in together at the Clerk of the Course and all four members uniforms must match. If an athlete is competing in a field event and their running event is called the athlete must check out of the field event with the head field event official and then check in at the running event. Time permitting, they should be allowed to return to their field event. If time is not permitting, as soon as they complete the running event they need to check back into the field event. If a coach or parent needs to assist the athlete in this process, we should allow them do so. In such cases as high jump or pole vault the bar will continue to go up and the athlete must re – enter the event at whatever height the bar is set.

Athletes will not be allowed to use cell phones, head sets or any other type of electronic devices while in the Clerking area, field of competition or on the infield.

Implements: Field event all implements must be provided by the athlete's (Javelins, Pole Vault, Shot Put, Hammer Throw and Discus). Personal implements must be passed by our Weights & Measures official.
Spike Length: Maximum 3/16 pyramid or compression on all synthetic rubber surfaces. Athletes who do not have the proper spikes will be asked to obtain the correct spikes or they will not be allowed to compete (racing flats can always be substituted for racing spikes).

Bid Numbers & Hip Numbers: Bid numbers will be distributed at packet pick – up. All athletes will have a bid number assigned to them in order to compete. Athletes must only wear their own number.

Bid numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer.

Lost or forgotten bib number will result in a \$5.00 replacement fee (each time it is replaced).

For all running and race walk events, athletes will be assigned a hip number when they check in with the Clerk of the Course for final seeding.

Hip numbers must be worn on the left hip (hip facing infield while competing not the butt or the front of the shorts).

Shirts must be tucked in so hip numbers are visible by camera at finish line.

Starting Heights: the starting height for the high jump and the pole vault will be per USATF rule 242.5 (k). Incremental increases will be 2” in the high jump and 6” in the pole vault until there is a winner. The winner may then determine the next height.

Protest Table: all protest must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. This time period will be strictly enforced. There will be a \$ 50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the officials cannot be protested. Protests that do not meet the above criteria will not be accepted. The location of the protest table will be announced.

Awards: Awards will be available for pick up by a designated club or parent of unattached athlete at the Awards table 30 minutes after the results have been posted.

Athletes will be allowed to pick up their own medals

Note: the 30 minute waiting period is to allow processing time in case a protest is filed regarding an event result.

Medals are awarded to the overall top three places in each event.

Medical Services & Security: there will be qualified personnel available at all sessions of the championships. Additional medical facilities are within minutes of the stadium and the local fire department and rescue unit is located minutes from the stadium.

Stadium Rules:

Access to infield / Clerk of Course area Only athletes who are competing will be allowed access to the track or Clerk of the Course area.

Any coach or parent in the infield or clerking area will result in the immediate disqualification of their athlete / team and an automatic grievance will be filed for suspension of 30 days.

Tents: Allowed on the top row of the bleachers only but cannot block the announcer's view. Tents must be broken down and removed from the stadium at the completion of competition each day. Tulare Union High School and USATF are not responsible for lost or stolen items.

Alcohol: There is no alcohol permitted on school grounds.

Smoking: The school is a SMOKE FREE ZONE. There is no smoking allowed inside or immediately outside the stadium.

Coolers: Permitted inside the stadium, however GLASS CONTAINERS in the cooler ARE NOT PERMITTED. Coolers will be checked at the gate. Please remove any alcohol, tobacco or glass before entering the stadium.

Parking: There will be FREE PARKING available at and around the competition site.

Food Services: Food and beverages will be sold throughout the meet. When you leave, please help remove any thing you brought in with you. For your convenience, garbage cans will be available throughout the facility for your disposal.

Accommodations:

Best Western Town & Country (559) 688-7537	Charter Inn & Suites (559) 685-9500	Comfort Suites (559) 687-1246
Days Inn (559) 686-0985	Hampton Inn & Suites (559) 686-8700	Quality Inn (559) 686-3432

Schedule of Events:

Thursday June 24, 2010

Heptathlon Start Time 3:00 p.m.

100m Hurdles IG YW
 High Jump IG YW
 Shot Put IG YW
 200m IG YW

Pentathlon

100m Hurdles YG YB
 Shot Put YG YB
 High Jump YG YB
 Long Jump YG YB
 800m/1500m YG YB

Decathlon

100m IB YM
 Long Jump IB YM
 Shot Put IB YM
 High Jump IB YM
 400m IB YM

Triathlon

Shot Put BG BB
High Jump BG BB
200m/400m BG BB

Friday June 25, 2010 Start Time 3:00 p.m.

Decathlon

110m Hurdles IB YM
Discus Throw IB YM
Pole Vault IB YM
Javelin Throw IB YM
1500m IB YM

Heptathlon

Long Jump IG YW
Javelin Throw IG YW
800m IG YW

Pentathlon

80m Hurdles MG MB
Shot Put MG MB
High Jump MG MB
Long Jump MG MB
800m/1500m MG MB
1500 Meter Race Walk BG BB MG MB
3000 Meter Race Walk YG YB IG IB YW YM

Friday June 25, 2010 Bakersfield California

10:00 A.M.

Hammer Throw IG IB YW YM (Cal State Bakersfield) Finals
2000 Meter Steeplechase IG IB YW YM (Cal State Bakersfield) Final

Saturday June 26, 2010 Start Time 8:00 a.m.

1500 Meter BG BB MG MB YG YB IG IB YW YM Final
100 Meter BG BB MG MB YG YB IG IB YW YM Semi – Finals
400 Meter BG BB MG MB YG YB IG IB YW YM Final
110 Meter H 36" IB YM Final
100 Meter H 33" YB YW Final
100 Meter H 30" YG IG Final
80 Meter 30" MG MB Final
4x100 Relay BG BB MG MB YG YB IG IB YW YM Semi – Finals
4x400 Relay BG BB MG MB YG YB IG IB YW YM Final
200 Meter BG BB MG MB YG YB IG IB YW YM Semi – Finals

Field Events Start Time 8:00 a.m.

Long Jump (S) IG YW YG MG BG Final
Long Jump (N) IB YM YB MB BB Final
Shot Put (E) BG MG Final
Shot Put (W) BB MB Final
Mini Javelin BG BB MG MB Final
High Jump BG MB YG YB Final
Discus MG MB YG YB IG IB YW YM Final
Pole Vault YG YB IG YW Final

Sunday June 27, 2010 Start Time 8:00 a.m.

3000 Meter	MG MB YG YB IG IB YW YM	Final
5000 Meter	YM	Final
100 Meter	BG BB MG MB YG YB IG IB YW YM	Final
400 Meter H	IG IB YW YM	Final
200 Meter H	YG YB	Final
4x100 Relay	BG BB MG MB YG YB IG IB YW YM	Final
800 Meter	BG BB MG MB YG YB IG IB YW YM	Final
200 Meter	BG BB MG MB YG YB IG IB YW YM	Final
4x800 Relay	MG MB YG YB IG IB YW YM	Final

Field Events Start Time 8:00 a.m.

Triple Jump (S)	YG IG YW	Final
Triple Jump (N)	YB IB YM	Final
High Jump	IG IB YW YM	Final
Pole Vault	IB YM	Final
Shot Put	YG YB IG IB YW YM	Final
Javelin	YG YB IG IB YW YM	Final

06/20/2010