

## 2008 HAWAII USA TRACK & FIELD JUNIOR OLYMPIC PROGRAM

**Reminder to all coaches, officials and parents – the JO Summer Track Program is for the benefit of all the participants. The Program's success is directly proportional to your own commitment and participation.**

### SCHEDULE

June 7	Start-Season Meet	1:00 pm	University of Hawaii
June 14	Regular Season Meet	7:00 am	University of Hawaii
June 21	Regular Season Meet	7:30 am	University of Hawaii
June 28	Regular Season Meet	7:30 am	University of Hawaii
July 5	Individual Championships	7:30 am	University of Hawaii
July 12	Relay Championships	8:00 am	University of Hawaii
July 19 & 20	Aloha State Games	7:00 am	University of Hawaii
July 22-27	National Junior Olympic Championships		Burke Stadium, Omaha, NE
July 26	Renegade Invitational	TBA	Roosevelt HS (Tentative)

### **Combined Events**

June 28, 29	Heptathlon (Girls)	Intermediate, Young Women, Open, Masters
July 11, 12	Decathlon (Boys)	Intermediate, Young Men, Open, Masters
July TBD	Triathlon and Pentathlon	

(Coaches must contact Steve Jacobson ([sb.jacobson@hawaiiantel.net](mailto:sb.jacobson@hawaiiantel.net)) or Derek Goudge ([derek.goudge@navy.mil](mailto:derek.goudge@navy.mil)) for specifics.)

### **ORDER OF EVENTS – SATURDAY – Track Events (see key below for age divisions)**

7:30 am	3000	M and above – all boys & girls on June 7, 14 and June 21. M and above (except YM, O and MS) on June 28, July 5, 12, and 19.
	5000	YM, O and MS only on June 28, July 5, 12 and 19.
7:45 am	Coaches Meeting	
8:00 a.m.	50	SB and B only (Makai side)
8:00 a.m.	HURDLES	M (80, 30"), Y/g (100, 30"); Y/b, INT/g, YW, O/W (100, 33"); INT/b, YM, O/M (110, 39")** (Mauka side)
*	100	SB, B, M, (Makai side)
*	100	Y, INT, YM/YW (Mauka side)
*	1500	All Ages except S/B
*	4x100 Relay	All Ages
*	400	All Ages
*	HURDLES	Y (200, 30"), INT/b, INT/g, YM, YW, O, (400, 30" for women, 36" for men)**
*	800	All Ages
*	200	All Ages
*	4x400 Relay	All Ages

\* Note: Because number of participants in each event is not known, number of heats will vary.

Next event will start as soon as all the heats for any previous event are finished – absolute times of events cannot be planned or followed. Announcer will give first and last call for all events.

\*\* Masters, see page 181 of Rule book for distances and heights of hurdles.

### **FIELD EVENTS – SATURDAY**

7:30 am	Long Jump	Girls, all ages	By age group starting with INT through Masters, then younger age groups.
7:30 am	Triple Jump	Boys, Y & Above	By age group starting with Y.
8:00 am	Shot Put	All Ages	Girls followed by Boys, ascending ages
8:00 am	High Jump	All Ages	INT and above first, then younger divisions; two attempts to 3'6", three attempts thereafter
9:00 am	Pole Vault	Y & above	Girls then Boys, <b>Coaches must be present</b>
9:00 am	Long Jump	Boys, all ages	By age group starting with SB; start time approximate.
9:00 am	Triple Jump	Girls, Y & Above	By age group starting with Y; start time approximate.

### **ORDER OF EVENTS – SUNDAY**

9 am	2000 Steeplechase	Only for INT, YM/YW, O and MS; only if four or more sign up by day before.
9:00 am	Discus	Girls, followed by Boys, ascending ages.
11:00 am	Javelin	Girls, followed by Boys, ascending ages.

### **AGE DIVISIONS** (rule 300, page 162, 2008 USATF Competition Rules)

SUB-BANTAM	(Born in 2000, 2001)	Key = SB
BANTAM	(Born in 1998, 1999)	B
MIDGET	(Born in 1996, 1997)	M
YOUTH	(Born in 1994, 1995)	Y
INTERMEDIATE	(Born in 1992, 1993)	INT
YOUNG MEN/WOMEN	(Born in 1990, 1991)	YM/YW *
OPEN	(Born in 1989 or older)	O*
Masters	(30+ on day of meet)	MS

*\*Athletes born in 1989 who are still 18 years old on July 30, 2008, also compete in YM or YW divisions. Athletes born in 1989 who are 19 or above on July 30 compete in Open division. (See Rule 300.1.c, page 162)*

## **JO COMPETITION NUMBERS**

Each club is to provide to Bob Martin or Earl Kishimoto a spreadsheet list of club members. Each club member is to be assigned a JO Competition number, which is to be included in spreadsheet (or Team Manager), along with age, DOB, and USATF membership number. This is to be received by the start of competition on June 7. If possible, the spreadsheet list should be accompanied by a disc in Team Manager of the same information.

**NOTE: Preliminary club listings are due by June 7. Additions can be made through June 21. Additions should be add-ons to your original list; DO NOT re-submit your total list with add-ons embedded (buried) in the roster.**

**ALSO NOTE: JO Comp numbers are for the entire summer, including the Aloha State Games. DO NOT change assigned numbers from week to week – once an athlete is assigned a number, he or she keeps that same number all summer.**

**All athletes are to have their own JO Comp number written in permanent ink on the back of their hand or their forearm prior to the start of the meet – coach's responsibility. No exceptions.** Each Club is to assign JO Comp Numbers and keep track of who is assigned what number. Use the following sequences:

Unused numbers	001 to 099	100
Mililani TC	100 to 299	200
Koolauloa TC	300 to 399	100
Hawaii Kai TC	400 to 599	200
Leeward TC	600 to 699	100
Roadrunners TC	700 to 799	100
Godspeed TC	800 to 899	100
Schofield Stallions	900 to 999	100
OTC	1000 to 1099	100
Renegades	1100 to 1499	400
Godspeed TC	1500 to 1599	100
Unused Numbers	1600 to 1799	100
Other JO Clubs	1800 to 1999	200
Hawaii Masters TC	2000 to 2099	100
Hawaii T&F	2100 to 2199	100
MPRC	2200 to 2299	100
Unattached and Open	3000 to 3999	– See Registration for number assignment.

### **EVENT SPECIFICS:**

- ◆ Each Club MUST provide enough volunteers to conduct each event as assigned above.
- ◆ Midget, Bantam and Sub Bantam athletes allowed three events per day, including relays.
- ◆ All other youth athletes allowed only four events per day, including relays.
- ◆ No out-of-division participation in relays. All relay teams to be made up of same-Club athletes. Relay participants are to be recorded on Relay Cards ONLY – no scraps of paper entries accepted.
- ◆ All 3000/5000 competitors to wear bib numbers during race.
- ◆ 5000 will not be offered every weekend, see schedule above.
- ◆ 2000 Steeplechase will be offered on Sunday only, and only if there are four or more entries. Hand timed; open to INT and above only; entries to be received by meet director Walt Thompson the day before (no exceptions).
- ◆ Coaches' meeting with a Coach from all participating clubs to meet on the field each Saturday at 7:30 am; Head Coach preferred.
- ◆ Primary declaration of club membership due June 7 to Earl Kishimoto ([e5k7@msn.com](mailto:e5k7@msn.com)) or Bob Martin ([shorecom@yahoo.com](mailto:shorecom@yahoo.com)). Final due June 21.

## **COACHES' OVERALL RESPONSIBILITY:**

**All competitors must wear their JO Competition number written on back of their hand or their forearm – a three or four digit number, not to be confused with their USATF Membership number. No finish-line stickers will be used. All competitors/athletes must be current individual members of USATF. Same for all officers and coaches of each club, in order for same to be covered by USATF liability insurance. All clubs also must be registered with USATF. It's also your responsibility to verify age of each participant; request proof of age if you have any questions of your athletes.**

## **SPECIFIC SUMMER PROGRAM RESPONSIBILITIES:**

1. **Registration:** Sutton/H. Zeug/Kishimoto/Martin, plus each club head coach.
2. **Awards and Data Processing:** Head data processing effort – Earl Kishimoto/Bob Martin.
3. **Results to Newspapers:** By Data Processing crew immediately after meet.
4. **Timers:** Each club will provide TWO timers for each meet. Timers will be called for and assigned as needed – clubs should make sure their assigned timers respond when called. Best if timers are same individuals each week. Timers should report to the official's tent IMMEDIATELY when called.
5. **Recorders:** Mililani, Hawaii Kai each to provide two recorders each week, preferably same persons, to report to official's tent at 7:30 am each week.

### **6. Event Assignments by Club – Clubs will be held accountable for these requirements:**

Hurdles Set-Up	Renegades
Long Jump – Girls	Road Runners
Triple Jump – Girls	Koolauloa/Leeward
Long Jump – Boys	Stallions
Triple Jump – Boys	God Speed
High Jump, including pit set-up and take-down	Renegades
Shot Put	Renegades
Discus	Masters
Pole Vault, including pit set-up and take-down	Renegades*
Blocks (Move from use site to use site)	TBD
Awards	TBD
Recorders	Mililani/Hawaii Kai

*\*Depends on who signs up for PV; coaches for each competitor MUST be present.*

### **7. Equipment/Duties:**

Tents, Tables, Cones, Flags	Zeug
Radios, tape measures, first aid kit	In Trailer
Starting Blocks (see below)*	Renegades
Chairs, shots, discs	Renegades/HMTC
Chairs, Clip boards, watches	In Trailer

### **8. Other Requirements:**

Publicity (pre-meet)	Zeug
Appeals Committee:	Mark Zeug, Joe Washington, Sanford Kawana
Multi Events:	Goudge (hep. & dec.)
PA System	Zeug
Credentials	Thompson

***\*Note: USATF rules require starting blocks for all competitors in sprints, including 400 meters, beginning with the Intermediate division. Blocks will be available for races starting on the Mauka side of the track, and for the 200. Competitors wishing to use blocks to start on the Makai side of the track are responsible for bringing their own. Thompson will bring three sets each weekend for use on Makai side which will be available to other teams if not used by Renegades. Leeward TC will be responsible for moving the blocks to where they are needed each week.***

### **9. Supplies:**

Bib numbers, relay forms	In Trailer
Refreshments for officials	Jacobson
Permanent Marking Pens, trash bags	In Trailer

10. **Clean Up: Club Assignments – Clubs will be held accountable:**

Each club is responsible for cleaning up its own area in stands, and assigning youth to help clean up field area. RESPONSIBILITY INCLUDES emptying all trash barrels and placing new trash bags in them, and then taking all trash and trash bags to the dumpster. Sutton to provide each club with a trash bag at beginning of day. In addition, each club is responsible for overall cleanup as follows:

June 7	Mililani
June 14	Koolauloa
June 21	Renegades
June 28	Stallions
July 5	Road Runners
July 12	God Speed
July 19	Hawaii Kai/HMTC

**2008 HAWAII TRACK & FIELD RELAY CHAMPIONSHIPS, JULY 12, 2008**

8:00 am	Shuttle Hurdles (if enough teams)	Midget and older
8:30 a.m.	4 x 100	All Age Groups
9:00 a.m.	4 x 800	All Age Groups
9:45 a.m.	Sprint Medley (100,100,200,400)	All Age Groups
10:45 a.m.	Distance Medley (400,800,1200,1600)	All Age Groups
11:15 a.m.	4 x 400	All Age Groups

These rules pertain to this meet ONLY, and not to relays during the other summer track meets.

1. Relays are for registered Club Teams (**no All-Star or pick up teams**).
2. Maximum 3 relays per participant.
3. Participant may move up to older group (but not back down again).
4. No mixed teams of boys and girls.
5. Medals for first, second and third. Ribbons for fourth through sixth.
6. Relay teams may be formed by combining participants from different clubs (for this meet only). Where Clubs have combined team members for a relay, that relay team is not eligible for medals unless there are no other Club teams that would be deprived of medals. Coaches must note on card **Combined team, and denote club affiliation of each team member.**
6. Each relay team will present a Relay Card (NO scraps of paper, please) to the race official listing Club, names of the runners, relay they are running, and age group. One card per team, per relay. Anchor to have name tag with team and age group.
7. Shuttle Hurdles (4x100 and 4x110) will be run if three or more teams are available for each relay. Since UH track is not marked for staggered hurdle set-up, female shuttle hurdlers will all run in the same direction and times will be combined to form the final team time.