

2009 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 6	Start-Season Meet	7:30 am	University of Hawaii
June 13	Regular Season Meet	7:30 am	University of Hawaii
	Hershey Meet	8:00 am	Mililani High School
June 20	Regular Season Meet	7:30 am	University of Hawaii
June 27	Regular Season Meet	7:30 am	University of Hawaii
July 4	Individual Championships	7:30 am	University of Hawaii
July 11	Relay Championships	8:00 am	University of Hawaii
July 18	Aloha State Games	7:30 am	University of Hawaii
July 21-26	National Junior Olympic Championships		Greenboro, NC
July 25	Renegade Invitational	TBA	Roosevelt HS (Tentative)

Combined Events

July 27	Triathlon and Pentathlon	Bantam, Midget, Youth
<i>(Coaches must contact Walter Thompson [hawaiiirenegades@yahoo.com] for specifics)</i>		
June 27, 28	Heptathlon (Girls)	Intermediate, Young Women, Open, Masters
July 3, 4	Decathlon (Boys)	Intermediate, Young Men, Open, Masters
<i>(Coaches must contact Derek Goudge [derek.goudge@navy.mil] for specifics.)</i>		

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

7:30 am	3000	M and above – all boys & girls on June 6, 13 and June 20. M and above (except YM, O and MS) on June 27, July 4, 11, and 11.
	5000	YM, O and MS only on June 27, July 4, 11 and 18.
7:45 am	Coaches Meeting	
8:00 a.m.	50	SB 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 (All competitors must be of the same age group.)
*	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 (All competitors must be of the same age group.)

* *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, followed by boys	By age group starting with INT through Masters, then younger age groups.
7:30 am	Triple Jump	Boys, followed by girls	By age group starting with Y.
8:00 am	Shot Put	Girls, followed by boys	Girls followed by Boys, ascending ages
8:00 am	Discus	Boys, followed by girls	Boys, then Girls, ascending ages
8:00 am	High Jump	All Ages except S/B	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, Coaches must be present

WRIST BANDS GO ON THE LEFT WRIST.

AGE DIVISIONS (rule 300, page 170, 2009 USATF Competition Rules)

SUB-BANTAM	(Born in 2001, 2002)	Key = SB
BANTAM	(Born in 1999, 2000)	B
MIDGET	(Born in 1997, 1998)	M
YOUTH	(Born in 1995, 1996)	Y
INTERMEDIATE	(Born in 1993, 1994)	INT
YOUNG MEN/WOMEN	(Born in 1991, 1992)	YM/YW *
OPEN	(Born in 1990 or older)	O*
Masters	(30+ on day of meet)	MS

*Athletes born in 1990 who are still 18 years old on July 30, 2009, also compete in YM or YW divisions. Athletes born in 1990 who are 19 or above on July 30 compete in Open division. (See Rule 300.1.c, page 170)

JO COMPETITION NUMBERS

Each club is to provide to Earl Kishimoto a spreadsheet list of club members. Each club member is to be assigned JO Competition number, which is to be included in spreadsheet or Team Manager form, along with age, DOB, and USATF membership number. This is to be received by the start of competition on June 6. 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 6. Additions can be made through June 20. 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. DO NOT REASSIGN competition numbers after you have already assigned them – add new add-ons at the end of your last number used.

All athletes are to have their own JO Comp number – color coded wrist bands with their name and JO Comp number will be provided to each club at the beginning of each meet – it is the coach's responsibility to get these on the right kid. No exceptions. Each Club is to assign JO Comp Numbers and keep track of who is assigned what number. Use the following sequences:

Tsunami	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 1099	100
Renegades	1100 to 1499	400
Menehunes	1500 to 1599	100
Unused Numbers	1600 to 1799	200
Other JO Clubs	1800 to 1999	200
Hawaii Masters TC	2000 to 2099	100
Hawaii T&F	2100 to 2199	100
MPRRC	2200 to 2299	100
Unattached and Open	3000 to 3999	– See Registration for number assignment.

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THE LEFT WRIST.

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.
- ◆ 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 6 to Earl Kishimoto (e5k7@msn.com). Final due June 20.

COACHES' OVERALL RESPONSIBILITY:

All competitors must wear their JO Competition wrist band, which includes their competition number – 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.

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SPECIFIC SUMMER PROGRAM RESPONSIBILITIES:

1. **Registration:** Sutton/H. Zeug/Kishimoto, plus each club head coach.
2. **Awards and Data Processing:** Head data processing effort – Earl Kishimoto/Harvey Nakano.
3. **Results to Newspapers:** By Data Processing crew immediately after meet.
4. **Timers:** Recruited as needed. Timers will be called for and assigned as needed – each club should have one individual to be ready to respond when called. Best if it is the 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/Boys	Koolauloa/Leeward/Godspeed
Long Jump – Boys	Stallions
High Jump, including pit set-up and take-down	Renegades
Shot Put	Heller/HMTC
Discus	Menehune TC
Pole Vault, including pit set-up and take-down	Pole Vault Club
Blocks (Move from use site to use site)	Mililani/Hawaii Kai
Awards	Tsunami
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/Belgrave
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
Combined Events:	Goudge (hep. & dec.)
PA System	Zeug/Belgrave
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.***

9. **Supplies:**

Bib numbers, relay forms, wrist bands	In Tent
Refreshments for officials	Jacobson
Permanent Marking Pens, trash bags	In Tent

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 6	Mililani
June 11	Koolauloa/Hawaii Kai
June 20	Renegades
June 27	Stallions
July 4	Road Runners
July 11	Godspeed/Menehunes
July 18	Tsunami/Leeward

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2009 HAWAII TRACK & FIELD RELAY CHAMPIONSHIPS, JULY 11, 2009

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.