

# 2024 USATF REGION 2



## JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

JULY 12-14, 2024



**Dear Athletes,**

This will be your last stop before the 2024 USATF National Junior Olympics Track and Field Championship, to be held at the E.B. Cushing Stadium in Bryan College Station, Texas.

We want to warmly welcome all athletes, coaches, and teams that qualified for Region 2. We hope the information in this packet will assist you with the registration process, travel, and friendly stay while you are in New Jersey for the Regional Championships. Please feel free to contact us if you have any questions or concerns. We wish you all safe travel to New Jersey Region 2 qualifiers. Enjoy the featured area attractions, surrounding beaches, indoor amusement parks, shopping malls, Broadway shows, and more during your stay and visit with us at **Lincoln Park**.

**USATF New Jersey and Region 2 Youth Chairs**



# LINCOLN PARK TRACK & FIELD COMPLEX

Lincoln Pk, Jersey City, New Jersey  
07306

## ADVANCEMENT TO NATIONAL JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

Advancement from Region 2:



- **Top 5 individuals in each event/division**
- **Top 5 Relay Teams in each division advance**
- **Combined Events, Top 2 places advance; competitors who hit the qualifying standards are eligible to advance**

The 2024 USATF National Junior Olympic Track & Field Championships will be held from July 22-28, 2024 in Bryan–College Station, TX



## COMBINED EVENTS ATHLETES



USATF National Youth Combined Events Championships,  
**June 24-25**

Icahn Stadium, Randalls Island, NY

**Registration Deadline: June 12, 2024 at 11:59 p.m. ET.**

The combined events athletes can advance if they meet the qualifying standards. [More information](#)

## REGION 2 ENTRY INFORMATION

- Individual Event: On-Time Entry - \$13.00
- Heptathlon/Decathlon: On-Time Entry - \$26.00
- Triathlon/Pentathlon: On-Time Entry - \$21.00
- Relay: On-Time Entry - \$52.00



Club Administrators and Unattached Athletes **must register online at [athletic.net](https://www.athletic.net) by July 8th at 11:59 p.m.** Late entries will not be allowed. Online registration opens June 9th and athletes may enter the meet once your association has uploaded results from their qualifier into the system.

<https://www.athletic.net/TrackAndField/meet/564327/register>

The TOP 6 athletes in each event/age group and TOP 6 relay teams at their Association Championship qualify to advance to the Region 2 Championship. Combined events will be open entry.

Admission tickets for the Region 2 Championships can be purchased online with [mosaic-sports](https://www.mosaic-sports.com)

**Athletes with competitor numbers & children under 12 enter free**

- Daily Pass: \$10.00/day (Friday-Saturday-Sunday)
- 3-Day Pass: \$25.00

Tickets must be purchased online at the following link:

**[Get your tickets HERE](https://ticket.mosaic-sports.com/event/usatf-region-2)**

<https://ticket.mosaic-sports.com/event/usatf-region-2>




## PACKET PICK-UP

**Thursday, July 11 Packet Pickup is held at the host hotel from 1:00pm-6:00pm**

Residence Inn in Secaucus Meadowlands

800 Plaza Drive,

Secaucus, New Jersey, USA, 07094



On **Friday, July 12 through Sunday, July 14 Packet Pickup** will be available at the Track Site at the registration desk


Packet Pick up Day/Time at Track Site

**July 12 Friday 8:00am-5:00pm**

**July 13 Saturday 7:00am-3:00pm**

**July 14 Sunday 8:00am-10:00am**

## COACH CREDENTIALS



For a coach to be eligible to receive a “Coach Credential” (wristband) at this event, the following criteria must be met:

Education Standard must be completed no later than June 26, 2024

Coach must be listed on the USATF Coaches Registry list.

## COACHES MEETING

Infield by Timing/Finish-Line, prior to start of the first event

## ATHLETE BIB NUMBERS



Athlete bib numbers must be worn on front unless otherwise instructed. The same number will be used for **ALL days of the meet.**

Lost Bib Replacement \$20.00

Pick up replacement at registration tent

## AWARDS



USATF Junior Olympic Regional medals will be awarded to the **top five (5) individuals and the top five (5) relay teams** in each age division.

Pick up medals at the awards table

## RESULTS



Event results will be live on **Viper Timing Live Results**  
<http://live.vipertiming.com/timers/273>

Results will not be posted in the stadium. Splits and field series will be available live and in all official results.

## RULES & REGULATIONS



The meet will follow USATF Rules and Regulations according to the USATF 2024 Rulebook

## EVENT CHECK-IN

**Check-in** for the first event each day will be **45 minutes prior to the start of the first event of the meet**

- Athletes, parents, and coaches need to be aware of what events are taking place on the track and in the field events to ensure all athletes are properly checked into their events on time.
- **Check-in will be announced based on a rolling schedule.** Announcements will be made based on scheduled events. All athletes **must listen** to the announcements.
- Athletes must report “Race Ready”. No bags or personal items. All electronic equipment is prohibited in the competition areas.
- If you are unsure, visit the field event venue for field events or check with the head Official for that event.
- Calls will be as follows:
  - 1st Call – Athletes report, check in with the Clerk of Course
  - 2nd Call- Athletes should all be checked-in at the clerking
  - Final Call – All athletes should be checked-in at the clerking tent with Heat/Lane assignments and Hip Numbers.
- The event will be officially CLOSED after the Final Call. If an athlete has not reported by this time, he/she/them/they will be scratched.
- **If athletes are competing in two events in close proximity**
  - Athlete(s) must inform the Clerk that he/she is checking in for two events at the same time
- Parents & coaches are NOT allowed in the clerking area.

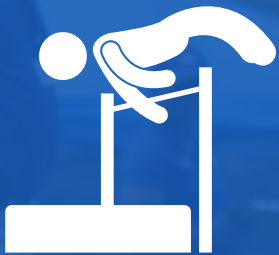
Upon closing of a semi-round track event by the clerk of course, semis having eight (8) or less contestants will be advanced to finals. In such cases only athletes properly checked into the event by the clerk of course prior to closing the semis will be allowed to compete in the final. **In this instance, the final will be conducted at the scheduled time for the preliminary round.**

## RELAY CHECK-IN:



- All four members must report together race-ready, in matching uniforms and wearing their bib numbers
  - If a team member is missing due to competing at another event, inform the Clerk of Course at that time of their name along with the event where the missing team member is competing
- Uniforms will be reviewed per rule 302.3.d

## STARTING HEIGHTS HIGH JUMP & POLE VAULT



High Jump				
20 cm below 2022 Performance Standard (Rule 302.5(o))				
9-10 Girls	0.80m		9-10 Boys	0.80m
11-12 Girls	1.00m		11-12 Boys	1.05m
13-14 Girls	1.10m		13-14 Boys	1.25m
15-16 Girls	1.15m		15-16 Boys	1.40m
17-18 Girls	1.25m		17-18 Boys	1.50m



Pole Vault				
60 cm below 2022 Performance Standard (Rule 302.5(o))				
13-14 Girls	1.75m		13-14 Boys	1.95m
15-16 Girls	1.80m		15-16 Boys	2.70m
17-18 Girls	2.05m		17-18 Boys	3.25m





## TRAINERS

Medical Staff/Trainers will be available for emergency needs

## IMPLEMENTS

Meet management will provide implements. Implement weigh-in will be in the garage accessible near the Throwing Complex.



### Weights & Measures Begins:

- Friday – 8:00am-9:00am
- Saturday – 7:00am-9:00am
- Sunday – 7:00am-9:00am

Personal implements may be used but must be weighed before the competition each day. The loss of identity rule; shall apply to all implements except the javelin



## BLOCKS & BATONS

Meet Management will provide blocks and batons



Protests must be filed within 30 minutes of posting of final results. There will be a \$100.00 cash fee required to file a protest. Protest must be in writing with the specific rule in question stated. The fee will be refunded if protest is upheld.



## City Distances

Philadelphia	88 Miles
Pittsburgh	365 Miles
Cortland	213 Miles
Rochester	336 Miles
Erie	435 Miles
Syracuse	250 Miles

## LODGING OPTIONS:



- Ramada By Wyndham, Journal Square, Jersey City, New Jersey
- Holiday Inn & Suites, Journal Square, Jersey City, New Jersey
- Quality Suites NYC Gateway, North Bergen, NJ
- Courtyard by Marriot, Newark Liberty International Airport
- Rodeway Inn, Jersey City, NJ
- Econo Lodge, Jersey City, NJ
- Fairfield Inn & Suites, Newark Liberty International Airport
- Hampton Inn & Suites, Newark Liberty International Airport, Elizabeth, NJ
- Crowne Plaza, Newark Airport IHG

## AREA ATTRACTIONS:

- Mets Stadium at Citi Field; Home Games 7/12-14
- Liberty State Park, Statue of Liberty
- Liberty City Cruise
- American Dream Park
- Jersey City Go-Karts
- Sandy Hook National Park, Public Beaches
- World Trade Center Memorial take Ferry from Jersey City
- World Trade Center Memorial Museum
- New York City (5 Miles)
- New Your City Tours
- Downtown NYC Tours
- Empire State Building
- Broadway Shows - NYC, NY



## MEET MANAGEMENT

Region 2 Coordinator

Director (NJ Youth Chair)

Meet Coordinator

Officials Coordinator

Registration Coordinators

Awards

Latoyna Salley-Sharif: [nadiatrackfam@gmail.com](mailto:nadiatrackfam@gmail.com)

Al Essilfie: [youth@newjersey.usatf.org](mailto:youth@newjersey.usatf.org)

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Michael Renn: [mrenn1967@gmail.com](mailto:mrenn1967@gmail.com)

Rhonda Underwood-Rimpel: [runderwoodrimpel@yahoo.com](mailto:runderwoodrimpel@yahoo.com)

## FRIDAY TRACK EVENTS

10:00 a.m.	Girls	2000M Steeplechase	Final	17-18 15-16
	Boys	2000M Steeplechase	Final	15-16 17-18
	Boys	3000M Race Walk	Final	13-14 15-16 17-18
	Girls			
	Boys			
	Girls			
	Boys			
	Girls			
	Boys			
	Girls			
	Boys	1500M Race Walk	Final	9-10 11-12
	Girls			
	Boys			
	Girls			
	Boys	4x800M Relay	Final	11-12 13-14 15-16 17-18
	Girls			
	Boys			
	Girls			
	Boys			
	Girls			
Boys				
Girls				

## FRIDAY THROWING EVENTS

10:00 a.m.	Girls	Javelin	Final	13-14
	Boys			15-16
	Girls			17-18
	Boys			
	Women			
Men	Hammer	Final	15-16	
10:00 a.m.			Boys	17-18
Men			15-16	
Girls			17-18	
Women				

## FRIDAY COMBINED EVENTS

10:00 a.m.	Heptathlon		
	Girls	100M Hurdles; High Jump; Shot Put; 200M	15-16
	Women		17-18
10:30 a.m.	Decathlon		
	Boys	100M Dash; Long Jump; Shot Put; High Jump; 400M	15-16
	Men		17-18
11:00 a.m.	Triathlon		
	Girls	Shot Put; High Jump; 200M (G) / 400M (B)	9-10
Boys			

## SATURDAY RUNNING EVENTS

9:00a.m.	Girls then Boys	4 X 100 Meter Relay	Semi	All Divisions
	Girls then Boys	400 Meter Dash & Para-athletics	Semi	All Divisions
	Girls then Boys	1500M	Final	All Divisions
	Girls then Boys	200M & Para-athletics	Semi	All Divisions
	Girls then Boys	200 Meter Hurdles	Semi	13-14
	Girls then Boys	100 Meter Dash & Para-athletics	Semi	All Divisions

## SATURDAY THROWING EVENTS

9:00 a.m.	Girls then Boys	Shot Put & Para-athletics		8 & Under
	Girls then Boys			9-10
	Girls then Boys			11-12
	Girls then Boys			13-14
	Girls then Boys			15-16
	Women & Men			17-18
9:00 a.m.	Girls then Boys	Discus		8 & Under
	Girls then Boys			9-10
	Girls then Boys			11-12
	Girls then Boys			13-14
	Girls then Boys			15-16
	Women & Men			17-18
10:00 a.m.	Boys then Girls	Mini-Jav		11-12
	Boys then Girls			8 & Under
	Boys then Girls			9-10

## SATURDAY JUMPING EVENTS

9:00a.m.	Boys then Girls	Long Jump		13-14
	Boys then Girls			15-16
	Men then Women			17-18
9:00 a.m.	Girls then Boys	High Jump		9-10
	Girls then Boys			11-12
	Girls then Boys			13-14

## SATURDAY COMBINED EVENTS

9:30 a.m.	Heptathlon		
	Girls	Long Jump; Javelin; 800M Run	15-16
	Women		17-18
10:00 a.m.	Decathlon		
	Boys	110Meter Hurdles, Discus, Pole Vault, 1500 Meter Run, Javelin, 1500 Meter Run	15-16
	Men		17-18
9:15 a.m.	Pentathlon		
	Boys	100M Hurdles, Shot Put, High Jump, Long Jump & 800M (Girls) 1500M (Boys)	13-14
	Girls		
11:00 a.m.	Pentathlon		
	Boys	80M Hurdles, Shot Put, High Jump, Long Jump & 800M (Girls) 1500M (Boys)	11-12
	Girls		

## SUNDAY RUNNING EVENTS

10:00 a.m.	Girls then Boys	3000M Run	Final	11-12
	Girls then Boys			13-14
	Girls then Boys			15-16
	Women & Men			17-18
	Girls then Boys	80 M Hurdles	Semi	11-12
	Girls then Boys	100M Hurdles		13-14
	Girls then Boys			15-16
	Girls then Boys			17-18
	Boys			110M Hurdles
	Men	17-18		
	Girls then Boys	400 Meter Dash	Final	All Divisons
	Girls then Boys	100M Dash	Final	All Divisons
	Girls then Boys	200M Hurdles	Final	13-14
	Boys	400M Hurdles Dash	Final	15-16
	Men			17-18
	Girls			15-16
	Women			17-18
	Girls then Boys	800M Dash	Final	All Divisons
	Girls then Boys	80 M Hurdles	Final	11-12
	Girls then Boys	100M Hurdles		13-14
	Girls then Boys			15-16
	Girls then Boys			17-18
	Boys			110M Hurdles
	Men	17-18		
	Girls then Boys	200M Dash	Final	All Divisons
	Girls then Boys	4x400M	Final	All Divisons

## SUNDAY THROWING EVENTS

9:00 a.m.	Boys	Shot Put	15-16
	Men		17-18
	Girls		15-16
	Women		17-18
9:00 a.m.	Men	Discus	17-18
	Women		17-18
10:00 a.m.	Boys then Girls	Mini-Jav	11-12
	Boys then Girls		8 & Under
	Boys then Girls		9-10

## SUNDAY JUMPING EVENTS

9:00 a.m.	Boys then Girls	Long Jump	8 & Under
	Boys then Girls		9-10
	Boys then Girls		11-12
9:00 a.m.	Girls then Boys	Triple Jump	13-14
	Girls then Boys		15-16
	Women & Men		17-18
9:00 a.m.	Boys	High Jump	15-16
	Men		17-18
	Girls		15-16
	Women		17-18