

# OK Association-USATF Junior Olympic 2010

Douglass High School, Oklahoma City, OK --Friday and Saturday, June 25 & 26, 2010

No cancellations due to weather. There may be delays if the weather becomes unsafe.



**Registration:** Cost will be \$5 per event, \$20 per relay and online registration through [www.usatfregistration.com](http://www.usatfregistration.com).  
Deadline will be 11:59pm on Wednesday June 23, 2010. **NO LATE ENTRIES ACCEPTED.**

**Field Events:** 4 attempts - LJ, TJ, SP, Disc, Javelin (NO finals). Regular rules for HJ and PV.

**Top 6 advance to Region 9.**

**Track Events:** Prelims in 100m, 200m, 80mH, 100mH & 110mH. P/F: if prelim athletes equal number of lanes, the prelim will be a final. All other events run as finals (F) or timed finals (TF)

## Top 6 advance to Region 9

Sub Bantam	Born 2002 or later (3 events)	Youth	Born 96-97 (4 events)
Bantam	Born 2000-2001 (3 events)	Intermediate	Born 94-95 (4 events)
Midget	Born 98-99 (3 events)	Young Men/Women	Born 92-93 (4 events)

**Relays count as one event.**

**Friday June 25, 2010** Check In Begins 6:00 PM Friday Events Begin 6:30 PM

### Track Events

6:30 p.m.	5000m Run F	YM
	400m H 30" TF	IG,YW
	400m H 36" TF	IB,YM
	1500m Racewalk F	BG,BB,MG,MB
	3000m Racewalk F	YG,YB,IG,IB,YW,YM
	*2000m Steeplechase	IB & YM, IG & YW ---not contested @ Douglass, must be declared to advance to the Region 9

### Field Events 4 attempts

Javelin 800g	IB,YM
600g	YW,IG,YG,YB
Triple Jump	YB,IB,YM,YG,IG,YW

**Saturday June 26, 2010** Check In Begins 8:00 AM Saturday Events Begin at Times Listed Below

### Track Events

8:15 a.m.	3000m Run F	MG,YG,IG,YW,MB,YB,IB
	200m H 30" TF	YG,YB
	100m Dash P	Sub Bantam through Young W/M
	800m Run F	Sub Bantam through Young W/M
	200m Dash P	Sub Bantam through Young W/M
	80m H 30" P/F	MG,MB
	100m H 30" P/F	YG
	100m H 33" P/F	YB, IG,YW,
	110m H 39" P/F	IB,YM
	400m Relay TF	Sub Bantam through Young W/M
	3200m Relay F	Midget through Young W/M
	100m Dash F	(as needed)
	80m H 30" F	(as needed)
	100m H 30" F	(as needed)
	100m H 33" F	(as needed)
	110m H 39" F	(as needed)
	400m Dash TF	Sub Bantam through Young W/M
	1500m Run F	Sub Bantam through Young W/M
	200m Dash F	Sub Bantam through Young W/M
	1600m Relay TF	Sub Bantam through Young W/M

**Field Events 4 attempts - LJ, TJ, SP, Disc, Mini-Javelin (NO finals). Regular rules - HJ & PV.**

8:15 a.m.	Long Jump	SBG,BG,MG,YG,IG,YW, YM,IB,YB,MB,BB, SBB
	Mini Javelin	MB, MG, BB, BG,
	High Jump	BB,MB,YB,IB, YM,YW,IG,YG,MG,BG
	Shot Put	YW,IG,YG,MG,BG,BB,MB,YB,IB,YM
	Discus	YM,IB,YB,MB,MG,YG,IG,YW
	Pole Vault	All Report at 10:00 am; competition begins 10:30

**NO COACHES OR PARENTS ALLOWED IN COMPETITION AREAS DURING COMPETITION.**

**Athletes that qualify for the Region 9 (Top 6 advance to Region 9) must complete their registration online by the date to be announce.**