

OK Association-USATF Junior Olympic 2009

Douglass High School, Oklahoma City, OK --Friday and Saturday, June 26 & 27, 2009

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



Registration: Cost will be \$12 per athlete and online registration through www.coacho.com. Deadline will be 7pm on Wednesday June 24, 2009. **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 Dash, 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 2001 or later (3 events)	Youth	Born 95-96 (4 events)
Bantam	Born 99-2000 (3 events)	Intermediate	Born 93-94 (4 events)
Midget	Born 97-98 (3 events)	Young Men/Women	Born 91-92 (4 events)

Relays count as one event.

Friday June 26, 2009 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
	<i>*2000m Steeplechase IB & YM, IG & YW ---not contested @ Douglass, must be declared to advance to the Region 9</i>	

Field Events 4 attempts

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

Saturday June 27, 2009 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, Bantam, Midget, Youth, Intermediate, YW,YM
	800m Run F	Sub Bantam, Bantam through Young W/M
	200m Dash P	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	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, Bantam, Midget, Youth, Intermediate, YW,YM
	1500m Run F	Bantam through Young W/M
	200m Dash F	Bantam through Young W/M
	1600m Relay TF	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 paperwork and pay for the Region 9 before leaving the Assoc. Championship.