

### **HOTEL LIST**

*Mention USA Track & Field when making reservations*

#### **Radisson Green Tree - Headquarters Hotel**

**Rate - \$119.00 - Deadline June 25, 2008**

101 Radisson Drive, Pittsburgh, PA 15205

412-920-8400; 888-333-3333

#### **Holiday Inn Green Tree**

**Rate - \$95.00 - Deadline - June 24**

401 Holiday Drive, Pittsburgh, PA 15220

412-922-8100

#### **Holiday Inn Select Oakland**

**Rate - \$109.00 - Deadline - June 25**

100 Lytton Avenue, Pittsburgh, PA 15213

412-682-6200

#### **Residence Inn Oakland**

**Rate - \$114.00 - Deadline - June 21**

3896 Bidelow Blvd, Pittsburgh, PA 15213

412-621-2200; 800-513-8766

#### **Hyatt Regency Pgh Int'l Airport**

**Rate - \$95.00 - Deadline - June 11**

Pittsburgh, PA 15231

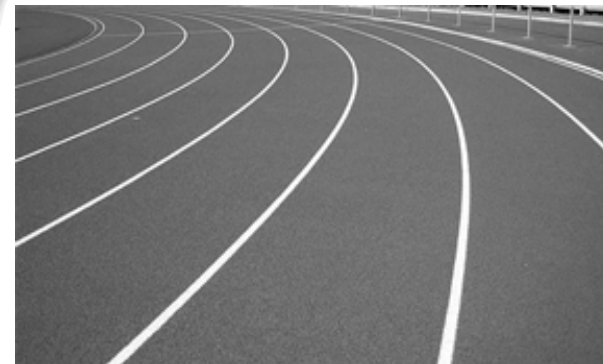
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**VISIT OUR WEBSITE AT**

**[www.usatf-threerivers.org](http://www.usatf-threerivers.org)**

# **USATF Region 2 Track & Field Championship**



**PITTSBURGH, PA** **July 3 thru 6, 2008**

**Carnegie Mellon University**

*Hosted by Three Rivers Association*



### **Region 2 Associations**

*Mid Atlantic*

*New Jersey*

*Niagara*

*Three Rivers*

## **ENTRY**

Athletes must complete entry form at their Association Championship Meet. Each entry must be appropriately filled out including a current (2004) USATF Membership Number. All entries must come from the Association Youth Chair or representative. Individual entries will not be accepted.

An Alphabetical listing of athletes by event will be posted on the internet at [www.usatf-threerivers.org](http://www.usatf-threerivers.org).

Performance lists will be available in the meet program.

**NOTE: Any inquiries regarding individual entries must come thru the Association Youth Chair.**

## **Fees**

**\$7.00 Individual event                      \$28.00 Relay**  
**\$20.00 Heptathlon/Decathlon      \$15.00 Triathlon/Pentathlon**  
**Entry fees must be paid**  
**prior to leaving your Association Championship Meet**

## **Admission**

\$3.00/day for all spectators. Athletes (with number) and children under 12 admitted free. No charge for coaches.

**NOTE: Coaches must be listed on the Approved Coach List of USATF.**

## **Packet Pickup**

July 3	Thursday	Stadium	THURSDAY & FRIDAY EVENTS ONLY
July 4	Friday	Stadium	FRIDAY EVENTS ONLY
July 4	Friday	Radisson	2:00pm-6:00pm
July 5	Saturday	Stadium	7:00am-3:00pm
July 6	Sunday	Stadium	7:00am-3:00pm

## **Coaches Meeting/Reception**

**Friday 5:30pm at Green Tree Radisson – adults only - no athletes**

## **Trainers**

Trainers will be stationed at a location in the competition area.

## **Athlete Numbers**

Athlete numbers must be worn on front unless otherwise instructed. The same number will be used for the duration of the meet. **Replacement numbers will be \$5.00**

## **Implements**

Meet Management will provide implements. Personal implements may be used but must be weighed prior to competition each day - time & place to be announced. The "loss of identity" rule shall apply to all implements except the javelin. All competitors must use blocks and batons provided by meet management.

## **Protests**

Protests must be filed within 30 minutes of posting of final results. There will be a \$50.00 cash fee required to file a protest. Protest must be in writing with specific rule in question stated. The fee will be refunded if protest is upheld.

## **LOCAL ATTRACTIONS**

This year the Region 2 Championship Meet falls on the July 4<sup>th</sup> weekend. Please plan on arriving on Friday or before, so you can enjoy the fireworks on the rivers at the Point in downtown Pittsburgh.

Pittsburgh is a great town and has a lot of family and child friendly attractions. There are also many activities scheduled in the city, one being the Pittsburgh Regatta.

Our website will have links to many attractions and the club packets will have coupons for some favorites like Sandcastle.

Listed below are some of the favorites. Visit our website at [www.usatf-threerivers.org](http://www.usatf-threerivers.org) for links to the attraction sites.

**Carnegie Science Center**

**Carnegie Museum**

**Childrens Museum**

**Carnegie Science Center Sports Works**

Explore the science of sport at Carnegie Science Center's SportsWorks. With dozens of exhibits and interactive experiences designed to challenge your mind and body, SportsWorks puts you to the test! Bring your sneakers, your camera, and your competitive spirit - you're going to have a great time!

**Heinz History Center**

**Fort Pitt Museum**

**Kennywood Amusement Park**

**Wildwood Highlands/North Park Family Fun Center**

**Sandcastle Waterpark**

**Idlewild & Soak Zone**

**Pittsburgh Zoo & Aquarium**

**Station Square**

**Just Ducky Tours (quack-quack)**

**Duquesne Incline**

**Pittsburgh Strip District**

**South Side Works**

**Pittsburgh Regatta**

In the grand tradition of July 4th fireworks and fun, the Pittsburgh Three Rivers Regatta is also Pittsburgh's most exciting Independence Day celebration - all rolled up into one. Along with Pittsburgh's largest fireworks spectacular - Regatta

Thunder Fireworks - you can also enjoy live music, water activities, children's activities, great food and much more!

**Parking for the Fourth of July / 3 Rivers Regatta:** Parking will be available in the Station Square lots at \$10 a space. Parking on Mount Washington will be limited to residents only. Your best bet would be to park somewhere along the T line and take the train to Station Square, or park downtown and walk or bike across.

### **Driving to Campus**

**From the East:** Take the Pennsylvania Turnpike West to Exit 57, Pittsburgh/Monroeville. Follow Interstate 376 West to Exit 7, Edgewood/Swissvale. Turn right onto Braddock Avenue (at the end of the ramp). Continue to the Forbes Avenue intersection. (Frick Park will be on the left). Turn left onto Forbes Avenue and follow Forbes Avenue approximately three miles to campus. Immediately at the intersection of Forbes Avenue and Beeler Street, turn left into the parking garage on campus.

**From the West/North:** Take the Pennsylvania Turnpike east to Exit 28, Perry Highway. Follow Interstate 79 South to 279 South (Exit 72). Follow signs and go over the Fort Duquesne Bridge. Take 376 East to Exit 2A, Forbes Avenue/ Oakland. Stay in the right-hand lanes, following Forbes 1.3 miles through the Oakland business district to campus. Immediately at the intersection of Forbes Avenue and Beeler Street, turn right into the parking garage on campus.

**From the South:** Take Interstate 79 North to 279 North (Pittsburgh). Follow 279 North toward Pittsburgh through the Fort Pitt Tunnel and onto the Fort Pitt Bridge. Once on the bridge, stay in the far right lanes and follow signs for 376 East/Monroeville. Take 376 East to Exit 2A, Forbes Avenue/ Oakland. Stay in the right-hand lanes, following Forbes 1.3 miles through the Oakland business district to campus. Immediately at the intersection of Forbes Avenue and Beeler Street, turn right into the parking garage on campus.

### **Parking**

After arriving on campus, the first place to look for parking is the East Campus Parking Garage, a pay-as-you-park facility. There are entrances at the intersection of Forbes Avenue and Beeler Street and also on the south side of the garage closest to the University Center and Gesling Stadium. The south side entrance can be accessed on Forbes Avenue just past the intersection with Morewood Avenue.

### **To Green Tree Area Hotels**

**From East:** PA Turnpike to Monroeville (I-376);

- Follow signs to I-279 Ft. Pitt Bridge;
- I-279 to Exit 4A Green Tree/Crafton toward Crafton - go **0.1 mi**
- Turn Left on MANSFIELD AVE(PA-121) - go **0.7 mi**
- Bear Right on **ANDERSEN DR** - go **0.1 mi**
- Turn Right on **RADISSON DR**

### **From North:**

**In Pennsylvania – I-90 to I-79 South**

- Take exit #22A/PITTSBURGH onto **I-79 S** - go **106.7 mi**
- Take Left fork onto **I-279 S** toward **PITTSBURGH** - go **16.0 mi**
- Take exit #4A/GREEN TREE/CRAFTON toward CRAFTON - go **0.1 mi**
- Turn Left on MANSFIELD AVE(PA-121) - go **0.7 mi**
- Bear Right on **ANDERSEN DR** - go **0.1 mi**
- Turn Right on **RADISSON DR**

### **Check-In**

Check-in will be 45 minutes prior to the event. All athletes must listen for the announcements. Calls will be as follows: 1st Call, 2nd Call, Final Call. **The event will be officially closed by the clerk of course no sooner than 5 minutes after the final call. If an athlete has not reported by this time he/she will be scratched.** No parents or coaches will be allowed in the clerking area.

Upon closing of a semi-final track event by the clerk of course, those semis having eight (8) or fewer contestants will be passed on to finals. In such cases only athletes properly checked into the event by the clerk of course prior to closing the semi will be allowed to compete in the final. All finals will be conducted as published in the official order of events.

### **Relays**

Relay teams MUST submit a USATF Relay Roster (declaration) Form at their Association Championship Meet. This form MUST be forwarded to the Region Meet. **Teams without relay declarations at the region meet will not be allowed to run - NO EXCEPTIONS.** All relay team members (including alternates) must be declared at the Association Meet and must be listed on the USATF Relay Roster (declaration) Form. **Athletes not listed on the form are ineligible to run on that relay.** Athletes must also be entered into the meet and an individual entry form must be submitted. All relay team members must wear identical uniforms, top & bottom.

### **Restrictions**

Track & Field areas are off limits to all non-competitors at all times. Coaches, parents, or individuals other than meet staff will automatically disqualify their athlete from competition if found on the track. The press box and computer area is off limits to all except meet officials and designated personnel.

### **Awards**

USATF Junior Olympic Medals for 1st, 2nd & 3rd Places, ribbons for 4th, 5th & 6th. Awards will be available for pick-up 30 minutes after the final results are posted.

### **Advancement**

The top three finishers (no move-ups) will advance to the USA Track & Field National Junior Olympics July 22 thru 27 in Omaha, NE. **Sub-Bantam age group will not advance**

### **Advancement Fees**

**\$8.00 per Individual Event**

**\$32.00 per Relay Team**

**\$24.00 Heptathlon/Decathlon**

**\$20.00 Triathlon/Pentathlon**

**Entry fees must be paid prior to leaving the Region 2 Meet**  
**CASH ONLY - No personal checks will be accepted**

## ORDER OF EVENTS

**Thursday July 3**

### **Decathlon - Intermediate Boys/Young Men**

First Call 8:45am; Event Start 9:30 am

100M Dash; Long Jump, Shot Put,  
High Jump; 400M Dash

### **Heptathlon - Intermediate Girls/Young Women**

First Call 9:15am; Event Start 10:00 am

100M Hurdles, High Jump, Shot Put, 200M Dash

### **Triathlon - Bantam Boys & Girls**

First Call 9:45 am; Event Start 10:30 am

Shot Put, High Jump, 200M (G) / 400M (B) Dash

**Friday July 4**

### **Decathlon - Intermediate Boys & Young Men**

First Call 9:00 am; Event Start 9:45 am

110M Hurdles, Discus, Pole Vault, Javelin, 1500M

### **Heptathlon - Intermediate Girls & Young Women**

First Call 9:45; Event Start 10:30am

Long Jump, Javelin, 800M

### **Pentathlon - Midget Girls & Boys**

First Call 8:15 am; Event Start 9:00 am

80M Hurdles, Shot Put, High Jump  
Long Jump, 800M (G) / 1500M (B)

### **Pentathlon - Youth Girls & Boys**

First Call 9:30 am; Event Start 10:15 am

100M Hurdles, Shot Put, High Jump  
Long Jump, 800M (G) / 1500M (B)

### **Field Events**

#### **Hammer - First Call: 8:30 am; Event starts: 9:00 am**

IB - YM - IG - YW

#### **Javelin - First Call 10:00 am; Event Start 10:30 am**

YG - IG - YW - YB IB - YM

### **Track Events**

#### **Racewalk - First Call 10:00 am; Event Start 10:30 am**

1500M Racewalk Final

BG, BB, MG, MB

3000M Racewalk Final

YG, YB, IG, IB, YW, YM

2000M Steeplechase Final

IB, YM, IG, YW

## ORDER OF EVENTS

**Saturday July 5**

### **First Call 7:15 am**

5000M Run  
3000M Run

Final YM

Final MG MB YG YB IG IB YW

### **Track Events begin at 8:00 am**

### **Track Events to begin at 10:00 am**

200M Hurdles	Semi	YG YB
400M Hurdles	Semi	IG YW IB YM
200M Dash	Semi	All Divisions
4x800M Relay	Final	MG MB YG YB IG IB YW YM
4x100M Relay	Final	All Divisions
80 M Hurdles	Semi	MG MB
100M Hurdles	Semi	YG YB IG YW
110M Hurdles	Semi	IB YM
100M Dash	Semi	All Divisions
400M Dash	Semi	All Divisions

### **Field Events First Call 7:15 am Events begin 8:00 am**

Long Jump	Boys: BB, MB, YB, IB, YM Girls: BG, MG, YG, IG, YW
High Jump	YG, YB, MG, MB, BG, BB
Shot Put	BB, BG, MB, MG, YB, YG
Discus	IG, IB YG, YB, MG, MB
Pole Vault	YG, IG, YW, YB, IB, YM
First Call 8:15am	Event Begins 9:00am
Turbo Javelin	MG, MB, BG, BB

**Sunday July 6**

### **First Call 7:15 am**

200M Hurdles  
400M Hurdles  
1500M Run

Final YG YB  
Final IG YW IB YM  
Final All Divisions

### **Track Events begin at 8:00 am**

### **Track Events to begin at 11:00 am**

400M Dash	Final	All Divisions
80M Hurdles	Final	MG MB
100M Hurdles	Final	YG YB IG YW
110M Hurdles	Final	IB YM
100M Dash	Final	All Divisions
800M Dash	Final	All Divisions
200M Dash	Final	All Divisions
4x400M Relay	Final	All Divisions

### **Field Events First Call 7:15 am; Events Begin 8:00am**

Long Jump	SBG, SBBB
Triple Jump	YG, YB, IG, IB, YW, YM
High Jump	IG, IB, YW, YM
Shot Put	IG, IB, YW, YM