

29th ANNUAL EDITION



RICHMOND, VIRGINIA

June 16-17, 2001
Richmond Sports Backers Stadium

USA Track & Field Youth Program Sponsors



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HOSTED BY:



Richmond Sports Backers

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Virginia Commonwealth University

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USA TRACK & FIELD

JUNIOR NATIONAL CHAMPIONSHIPS

This 29th edition of the Junior National Championships will follow in the great tradition of previous championships in selecting the team to represent the United States of America in international competition.

The list of past competitors reads like a Who's Who of American Track & Field: Marion Jones, Terrance Trammel, Adam Nelson, Suzy Favor Hamilton, Alvin and Calvin Harrison, Carl Lewis and Jackie Joyner-Kersey, just to name a few. Now, is the time to follow your dream by adding your name to this list.

USA TEAM UNIFORMS & TRAVEL

The best competitors in the United States come together (High School, Club and Collegiate athletes) and compete in one forum for a coveted spot on the USA team and to earn the right to wear a uniform worn exclusive by all US international teams.

This is more than just a uniform—it's warmups, travel bag, backpack, hat, tights, t-shirts, sweatshirts and other USA team gear. All team travel, housing and meals are provided to the athletes on the team by USATF.

HONORS

All- American certificates (one for you, your coach and your school) and T-Shirts are given to the top eight finishers in each event and a press release is sent out about your achievement. Medals are also given to the top six finishers.

EXPERIENCE

The experience gained from competing against the best from all over the US, is difficult to gain just anywhere. The USA Track & Field Junior National Championships provides you with a level of competition and experience that will prove to be invaluable in developing your career now and for the future.

If you have met the qualifying standards, you are already one of the best in the United States. Come test your arms, springs and wheels! We look forward to seeing what the best competition brings out of each and every one of you.

It will be amazing!

JUNE 16-17
RICHMOND, VA.

For entry information, check out our website at www.usatf.org or call 317.261.0500.

USA Track & Field JUNIOR NATIONAL CHAMPIONSHIPS

Richmond Sports Backers Stadium, Richmond, VA.

June 16-17, 2001

QUALIFYING STANDARDS

MEN

EVENT	FAT/Hand	EVENT	FAT/Hand	EVENT	Metric/English
100M	10.64/10.4	3200m	9:16.00/9:16.0	High Jump	2.09/6-10.25
200m	21.54/21.3	2 mile	9:19.20/9:19.2	Pole Vault	4.90/16.01
220y	21.64/21.4	5000m	15:10.00/15:10.0	Long Jump	7.29/23-11
400m	47.84/47.7	3 mile	14:25.00/14:25.0	Triple Jump	14.68/48-02
440y	48.14/47.9	10,000m	32:45.00/32:45.0	Shot (12lb.)	17.55/57-7
800m	1:53.14/1:53.0	110mH (39")	14.24/14.0	Shot (16lb.)	16.00/52-6
880y	1:53.24/1:53.1	110mH (42")	14.64/14.4	Discus (HS)	54.94/180-3
1500m	3:58.14/3:58.0	300mH (30")	37.04/36.8	Discus (2kg.)	48.24/158-3
1600m	4:15.14/4:15.0	300mH (36")	37.54/37.3	Hammer(12 lb.)	50.36/165-3
1 mile	4:17.14/4:17.0	400mH (30")	53.64/53.5	Hammer (16 lb.)	45.80/150-3
2000m SC	6:26.60/6:26.6	400mH (36")	53.84/53.7	Javelin (NEW)	56.50/185-4
3000m SC	9:39.60/9:39.6	3k Walk	15:00.00/15:00.0	Javelin (OLD)	60.50/198-6
3000m	8:40.00/8:40.0	5k Walk	25:30.00/25:30.0	Decathlon	5950(Int'l)/6050 (HS)
		10k Walk	55:00.00/55:00.0		

WOMEN

100m	12.04/11.8	3000m	10:25.14/10:25.0	High Jump	1.70/5-7
200m	24.64/24.4	3200	11:05.14/11:05.0	Pole Vault	3.60/11-9.75
220y	24.84/24.6	2 mile	11:10.14/11:10.0	Long Jump	5.80/19-0.5
400m	56.14/56.0	5000m	18:30.14/18:30.0	Triple Jump	11.70/38-0.75
440y	56.44/56.3	10,000m	40:00.14/40:00.0	Shot (4kg.)	12.80/42-0
800m	2:14.14/2:14.0	100mH (30")	14.24/14.0	Discus	43.50/142-8
880y	2:15.14/2:15.0	100mH (33")	14.54/14.3	Hammer	45.00/147-8
1500m	4:46.14/4:46.0	300mH (30")	44.14/44.0	Javelin	40.00/131-03
1600m	5:04.94/5:04.8	400mH (30")	63.14/63.0	Heptathlon(#8)	4200 (FAT)*
1 mile	5:06.14/5:06.0	3k Walk	16:00.14/16:00.0		
2k SC (#9)	8:00.00/8:00.0	5k Walk	28:30.14/28:30.0		
3k SC (#9)	12:30.00/12:30.00	10k Walk	59:45.00		

Qualifying Guidelines:

1. All qualifying marks for running events must be made on a standard indoor or outdoor track.
2. Qualifying marks must be made in 1) USATF or IAAF sanctioned meets, 2) collegiate meets, or 3) high school meets, except dual and triangular meets.
3. Junior Qualifying standards must be attained on or after Friday, May 5, 2000 through Sunday, June 10, 2001. Qualifying marks from indoor competitions must be attained on or after December 1, 2000.
4. A three percent (3%) altitude adjustment on the standard, is permitted on track events of 1500 and longer, contested at a facility 4000 feet or more , above sea level.
5. A manual time may not be used for qualifying if a fully automatic time exists for the race. A manual time may not supersede a fully automatic qualifying time for an event.
6. Times submitted in hundredths of a second must be fully automatic times.
7. 1500 meter, 1600 meter, one mile, 3000 meter, 3200 meter, two mile and 3 mile qualifying times also qualify for the 5000 meters and 10,000 meters both for men and women and the 3000 meter steeplechase for men and 2000 meter steeplechase for women.
- *8. The Heptathlon marks must be achieved in a legitimate heptathlon. No projected scores or pentathlon marks will be accepted.
9. *The Women's 2k SC is an Exhibition Event ONLY during the Junior National Championships. The Women's SC is not an international event at this time, thus athletes are not eligible for the team uniform.*

Entry Information

Entering the meet is a two part process...

STEP 1: Complete the enclosed entry blank and return the required documents and fees by *June 6th, 2001* to avoid late fee or entry charges.

STEP 2: On *June 13th or 14th*, you must call or appear in person to declare and secure your entry into the meet.

STEP 1: Entering the Meet

All entries should be mailed to: USA Junior National Championships
Virginia Commonwealth University
Tim Lampe
1200 West Broad Street
PO Box 843013
Richmond, VA 23284-3013

Additional forms may be photocopied or obtained from USA Track & Field at 1 RCA Dome, Suite 140, Indianapolis, IN 46225 or calling 317.261.0500. Information and entry forms are available on our web site at www.usatf.org.

ENTRY FEE: The entry fee is \$10.00 per individual event and \$10.00 for the Heptathlon/Decathlon. Please send checks (personal, certified or cashier's) or money orders payable to: Richmond Sports Backers. **DO NOT SEND CASH!!**

REQUIRED DOCUMENTS: Birth Certificate and Proof of Performance

Entries must be accompanied by a *copy* of a legal document (birth certificate or passport) in order to verify date of birth and citizenship (see eligibility section). These documents will not be returned.

A proof of performance is also necessary to show that you have met the qualifying standards. This may either be a copy of the official meet results or a newspaper report with the times or distances of the competition in which you have met the standards.

DEADLINE: Entries must be *received* by June 6th, 2001. Athletes should enter even if they have not yet met the qualifying standard; however, athletes will not be permitted to compete unless they have met the standard by June 10th. We recommend that entries that are mailed after June 1st be sent by overnight delivery to insure that we receive your entry before the deadline.

Entries received after June 6, 2001 will require a LATE FEE of \$25 per event. *Late entries will not be accepted after NOON on June 15th.* Personal checks will not be accepted for late entries or fees.

ELIGIBILITY:

- 1) Must be at least 14 years of age on the day of competition and not older than 19 years of age. You may not turn 20 anytime during 2001. The birth date must be 1982 or later.
- 2) All athletes must have a valid 2001 USATF membership card. You may purchase a card at the site or in advance from either your local USATF Association office or the National Headquarters. The cost of the card is no more than \$20.00. Purchasing from your local Association promotes programs in your area. Contact information for each Association is available on our website - www.usatf.org.
- 3) To be eligible to compete, athletes must be US citizens.

If you have any questions about eligibility , please contact the USATF National Headquarters at 317.261.0500.

STEP 2: Confirming your entry by declaring

DECLARATIONS: All entries must be confirmed and performances updated between 10am and 4pm EDST on Wednesday, June 13th or Thursday, June 14th. Declarations may only be made by phone or in person at VCU Siegel Center Terry Sisisky Media Room, which is located on the Lower Level Room 007. We will need to speak to the person declaring to confirm all information and provide additional information regarding the meet, if necessary. Collect calls will not be accepted.

THE PHONE NUMBER FOR DECLARATIONS ONLY: 804.827.0796

The Late Declaration Fee is \$25.00 and is nonrefundable. Athletes whose entries are not declared during the DECLARATION process, complete with proof of performance and age (birth certificate or passport) will be rejected and not allowed to compete. Petitions for a late declaration or forgetting to declare must be submitted in writing to the chair of men's and women's track and field or their designee at the meet site not later than 1pm on Friday, June 15th. A decision on this petition will be made by 3pm on Friday, June 15th.

HONEST EFFORT: The Honest effort rule (USATF Rule 77) will be enforced. "Any athlete declared to compete must honestly participate in each round (trial, heat or final, etc.) or each track event for which the athlete is declared or the athlete will be barred from further competition in that meet. This rule shall not apply to events in which only a final is held, but an athlete may be barred from such an event if previously he or she has not honestly participated in a track event within the purview of this rule."

PACKET PICKUP: Packet pickup will take place at the Holiday Inn Central in the Windsor Room from Noon to 6:00pm on Friday, June 15th. Packets can be picked up on Saturday, June 16th beginning at 7:00am at the ticket booth on the west side of the stadium.

SCHEDULE of EVENTS

Saturday, June 16

FIELD EVENTS & MULTI-EVENTS

9:00am	M Hammer	Trial & FINAL
	M Decathlon 100m	
10:00am	W Heptathlon 100 H	
Noon	W Hammer	Trial & FINAL
2:00pm	W Long Jump	Trial & FINAL
3:00pm	M Discus	Trial & FINAL
3:30pm	M Pole Vault	Trial & FINAL
4:00pm	M Long Jump	Trial & FINAL
6:30pm	W Discus	Trial & FINAL
7:00pm	W High Jump	Trial & FINAL
7:30pm	M Shot	Trial & FINAL

RUNNING EVENTS

5:15pm	W 200	Prelims
5:30	M 200	Prelims
5:45	W 1500	Prelims
6:00	M 1500	Prelims
6:15	W 400	Prelims
6:30	M 400	Prelims
6:45	W 100 Hurdles	Prelims
7:00	M 110 Hurdles	Prelims
7:15	W 800	Prelims
7:30	M 800	Prelims
7:45	W 400 Hurdles	Prelims
8:00	M 400 Hurdles	Prelims
8:15	W 200	FINAL
8:25	M 200	FINAL
8:35	W 5,000	FINAL
9:10	M 10,000	FINAL

Sunday, June 17

FIELD EVENTS & MULTI-EVENTS

9:00am	M Decathlon 110 H	
11:00am	M Javelin	Trial & FINAL
1:30pm	W Javelin	Trial & FINAL
	W Heptathlon Long Jump	
5:30pm	M Triple Jump	Trial & FINAL
5:40pm	W Pole Vault	Trial & FINAL
6:00pm	W Shot	Trial & FINAL
6:15pm	W Triple Jump	Trial & FINAL
7:00pm	M High Jump	Trial & FINAL

RUNNING EVENTS

7:00am	M 10,000 Racewalk	FINAL
8:00am	W 10,000 Racewalk	FINAL
5:30pm	W 100	Prelims
5:45	M 100	Prelims
6:20	W 2000 Steeplechase	Exhibition
6:35	M 3000 Steeplechase	FINAL
6:50	W 1500	FINAL
7:00	M 1500	FINAL
7:10	W 400	FINAL
7:15	M 400	FINAL
7:25	W 100 Hurdles	FINAL
7:30	M 110 Hurdles	FINAL
7:40	W 800	FINAL
7:45	M 800	FINAL
8:00	W 400 Hurdles	FINAL
8:10	M 400 Hurdles	FINAL
8:20	W 100	FINAL
8:25	M 100	FINAL
8:30	W 3,000	FINAL
8:45	M 5,000	FINAL

The schedule is tentative and is subject to time changes and additional rounds, if necessary.

DRUG TESTING

Athletes who participate in this competition may be subject to drug testing in accordance with IAAF Procedural Guidelines for Doping Control or the Olympic Movement Anti-Doping Code. Drug testing, and the adjudication of positive findings, will be carried out by the United States Anti Doping Agency (USADA). Athletes found to have committed a doping violation will be disciplined according to the USADA Protocol and suspended, if appropriate, according to applicable IAAF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event. Any substance taken by an athlete is at his/her own risk and may result in a positive sample. **(This includes cold medicines, nutritional supplements, and some over the counter medicines).** Information on drugs and medications and about drug testing may be obtained by calling the USADA Drug Reference Hotline at **1-800-233-0393**, or the USADA web site--**www.usantidoping.org**.

Please consider the time necessary for providing a sample and processing paperwork following the final of your event when making travel arrangements.

TRACK INFORMATION

FACILITY: The Sports Backers Stadium and Richard A. Hollander track at the Irwin Belk Athletic Center will serve as the site for the 2001 & 2002 Junior National Championships. It is the home facility for Virginia Commonwealth University and Virginia Union University as well as the Virginia State HS Championships. The track has a Martin surface and was completed in August of 1999. All events will be held within the stadium.

ADMISSION FEE: Admission will be charged to everyone except participating athletes. The entry fee for spectators and coaches will be \$5.00 per day or \$8.00 for a two day pass. Children under 12 are free. (There will be no coaches passes).

IMPLEMENT WEIGH-IN: International (or collegiate) implements will be used for this competition and the International competitions that the National team will attend. Implement weigh-in will take place from 4:00 to 7pm on Friday, June 15; 7am to 5pm on Saturday, June 16; 8:30am to 4pm on Sunday, June 17. All implements must be presented at the weigh-in station at least two (2) hours prior to the event start time. All implements will be impounded. Implements not meeting the required standard will be held until after the event, at which time they may be picked up by the coach or athlete. Please have your name on the carrying case. Weigh-in will take place at the Sports Backers Stadium in the South Storage Building.

VAULTING POLE STORAGE: Bring vaulting poles to the implement inspection station on Friday from 2pm to 7pm. You will be able to store the poles at the facility Friday prior to competition and during the competition days. You will need to pick up your poles by the close of the meet on Sunday night.

PRACTICE TIMES: The facility will be available for practice from Noon to 4pm on Friday, June 15. No implements may be thrown during this time, only ring work will be allowed.

AWARDS: A goldtone medal, emblematic of the Junior National Championships will be awarded to the winner of each event with a silvertone medal awarded to second place and a bronzetone medal to third, fourth, fifth and sixth place. The top eight finishers will receive an ALL-AMERICAN shirt at the awards ceremony.

ATHLETES CHECK LIST FOR ENTRY

- Fill out the Entry Form.
- Send a copy of birth certificate or passport.
- Copy of 2001 USA Track & Field Membership card.
- Proof of performance for entry mark.
- Signed copy of Drug Testing Notice by athlete and parent (if under 18).
- Made housing reservation and/or Meal Plan.
- Called to declare entry on June 13th or 14th.

TRAVEL INFORMATION

Richmond International Airport services the City of Richmond. USAirways is providing a discount of up to 15% to participants -- call US Airways at 1.877.874.7687 and mention Gold File #60171883. Hertz Discount Car Rental is also providing a special rate for participants - call 1.800.654.3131 and mention #1184559 for the discounted rate. Richmond is also on the Amtrak commuter line. A shuttle service will run between the Airport and the hotel's listed below.

HOUSING INFORMATION

The following Richmond hotels are located conveniently to the stadium. When calling please ask for the USA Track & Field rate. USA Track & Field prefers VISA.

Meet Headquarters-Holiday Inn Central- 3207 North Boulevard, Richmond, VA 23230
804.359.9441 Rate - \$72.00 (2 blocks from track), Restaurant & Lounge and outdoor pool

Days Inn- (1 block from track) 1600 Robin Hood Rd. 804.353.1287 Rate-68.00

Newly renovated rooms and Free continental breakfast

Radison Hotel-(1.5 miles from track) 301 West Franklin St. 804.644.9871 Rate-75.00

Shuttle to track, Restaurant & Lounge and outdoor pool.

Holiday Inn- Bells Road (3 miles from track) 4303 Commerce Rd. 804.275.7891 Rate-55.00

Restaurant & Lounge, outdoor pool and exercise room

Midtown Inn and Conference Center-(1.5 miles) 3200 W. Broad St. 804.359.4061 Rate-65.00

Shuttle to track, Free deluxe continental breakfast and outdoor pool

Quality Inn- (8 miles) 8008 West Broad St. 804.346.0000 Rate-69.00

Shuttle to track, Free extended continental breakfast, walking distance to restaurants, pool.

Holiday Inn Crossroads- (4 miles) 2000 Staples Mill Road 804.359.6061 Rate-69.00

Shuttle to track, Restaurant & Lounge, pool and exercise room

The Hotel John Marshall- (2 miles) 5th & Franklin 804.783.1929 Rate-69.00

No Shuttle, Restaurant & Lounge available

Crowne Plaza- Richmond- (2 miles) 555 East Canal St. 804.788.0900 Rate- 79.00

Shuttle to track, Restaurant & Lounge, exercise room and indoor pool

Dormitory rooms at Virginia Commonwealth University. Rate \$20.00 per person/per night, for the first night, \$15.00 for each additional nights. This includes linens. If you wish to stay in the dormitory, you must submit a room reservation form and payment with your entry blank (enclosed in this booklet).

INTERNATIONAL JUNIOR COMPETITION INFORMATION

The Junior National Championships will be used to select two international teams. The two highest place finishers at the Junior Nationals are eligible for the selection pool of competitors for international teams. ***The selection of teams will be at the sole discretion of USATF and its committees.***

GREAT BRITAIN DUAL MEET with SCOTLAND Extension

The first competition is tentatively schedule for August 18 against the British Junior team at Stoke-on-Trent in Staffordshire, Great Britain. A full team may or may not be sent to this competition. Athletes must meet the following requirements:

1. Athletes must be eligible to represent the USA in international competition based on the 2001 Bylaws and Competition Rules of USA Track & Field and the International Amateur Athletic Federation.
2. Athletes must have a current Passport (with a least three months remaining before expiration).

USA Track & Field will provide more information regarding this competition at Junior Nationals.

SCOTLAND Extension

Tentatively, the USA Junior Nationals Champion in the following events will have the opportunity for an additional competition in Edinburgh on August 25th. The events that will be contested are: Men's: 100,200,400, 800,10k 110H, 400 H, 3kSC, LJ, SP, Discus and 4 x 100 and for the Women the events will be 200, 400, 800, 1500, 3000, 400 H, HJ, PV, Javelin, Hammer and 4x 400.

JUNIOR PAN-AMERICAN CHAMPIONSHIPS

The second competition is the Junior Pan-American Championships scheduled for October 18-20 in Santa Fe, Argentina. **Due to the time of the year in which this meet is being hosted USA Track & Field will send a limited team to Argentina.** The Junior Commission has recommended that the selection for the Junior Pan-Am primarily consist of athletes competing in the Jumps, Throws and Racewalking events.

Athletes must meet the following requirements:

1. Eligible to represent the USA in international competitions based on 2001 Bylaws and Competition Rules of USA Track & Field and the International Amateur Athletic Federation.
2. Have a valid and current passport. (Must have a least three months remaining before expiration).
3. Completed the USATF Academic Notification form with HS Counselor and Principals or University Head Coach/ Academic Advisor signatures by the required deadline. (Forms will be available at team sign-up).
4. Provide a training plan that will emphasize fitness for the Junior Pan-American Championships.

USA Track & Field will provide to each athlete competing in the above competitions their airfare, housing and meals . Each athlete will also receive a complete package of USA National Teams uniform gear. This year's gear is based on the 2000 Olympic Team uniform.

USA TRACK & FIELD PROGRAMS

JUNIOR ELITE CAMPS

The Men's and Women's Camps will both be held at the USOC ARCO Olympic Training Center in San Diego, CA. Dates and Standards for the Junior Elite Camps will be posted on the USA Track & Field Website (www.usatf.org) as soon as they are available.

JUNIOR OLYMPICS TRACK & FIELD

This is the largest of our National Championships; over 6,000 athletes will compete for national titles. Junior Olympics in Track & Field is a progressive meet format. Athletes advance from the preliminary meet to Association Championships to the Regional Championships to the National Championships. The age requirement ranges from those aged 10 and under to those who are still eighteen (18) through the final day of the National Junior Olympics Track & Field Championships. **The 2001 Championships will be conducted July 24-29 in Sacramento, CA.**

NATIONAL YOUTH ATHLETICS

This is an age group National Track & Field meet. The age requirement is the same as the Junior Olympics. There are performance guidelines for athletes, which are available on the website. **The 2001 meet will be held July 3-7 in Decatur, Illinois.**

JUNIOR NATIONAL CHAMPIONSHIPS

The 2001 and 2002 edition of the Junior Nationals will be held in Richmond, Virginia. The 2001 Championships serve as a selection meet for the Junior Pan-American Championships and the 2002 serve as the selection meet for the World Junior Championships in Jamaica.

JUNIOR OLYMPIC CROSS-COUNTRY

Junior Olympics Cross Country has the same qualifying procedures as the Junior Olympic Track & Field series. Qualifying follows the progressive meet format. **The 2001 Championships will be held December 8, 2001 in Lincoln, Nebraska.**

WINTER NATIONALS

The Winter Nationals in Cross-Country serves as a selection meet for the World CC Championships. The meet does have a Junior component for both Men and Women with the women racing 6k and the men racing 8k. The age for this competition is 14-19. An athlete can not turn 20 during the year of the competition. This meet typically takes place in February. For more information, see the web site in December.

For more information about our Junior, Youth or Coaches Education programs, please contact your local USATF Association or:

USA Track & Field
One RCA Dome, Suite 140
Indianapolis, IN. 46225
317.261.0500

or visit our web site at:

www.usatf.org

USA Track & Field Junior Nationals

Dormitory Room Reservation/ Meal Plan Form

Dormitory space is available at Virginia Commonwealth University at a rate of \$20.00 per night/ per person for the first night and \$15.00 for each additional night. Room rate includes linens. Please print:

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number (_____) _____

Sex: M or F Age: _____ Roommate Preference: _____

(If you have a roommate preference, each of you must specify on the reservation from; otherwise one will be assigned based on gender and age).

Date of Arrival _____ Date of Departure _____ TOTAL NIGHTS _____

MEAL PLANS

Meal Plans are available for Breakfast (\$4.25) between 7:30-9:00am and Lunch (\$6.00) between 11:00 and Noon.

Breakfast in Hibbs (VCU Dining Center). Breakfast consists of scrambled and boiled eggs, grilled potatoes, pancakes or French Toast, sausage or bacon, grits or oatmeal, biscuits and gravy, bagels, breads, doughnuts, fresh fruit and beverages. There must be a minimum of 50 people required at registration.

Lunch will be delivered to the track for those who check lunch on the meal plan. It will be a box lunch consisting of a sandwich, pasta salad, brownie, banana and a drink.

If you order the lunch, please indicate your choice of sandwich:

- | | |
|------------|---------------|
| T - Turkey | I - Italian |
| H - Ham | V - Vegetable |

Please check which meals that you would be interested in:

Friday:	Breakfast _____	Lunch _____
Saturday:	Breakfast _____	Lunch _____
Sunday:	Breakfast _____	Lunch _____
Monday:	Breakfast _____	Lunch _____

Housing and Meal Plan Fees Submitted:	Housing	\$ _____
No. of Breakfasts @ \$4.25 each _____	Breakfast	\$ _____
No. of Lunches @ \$6.00 each _____	Lunch	\$ _____
TOTAL		\$ _____

Make checks payable to: **Richmond Sports Backers**

Return to: USA Junior National Track & Field Championships
 Virginia Commonwealth University - Tim Lampe
 1200 West Broad Street PO Box 843013
 Richmond, VA 23284-3013



2001 JUNIOR NATIONAL CHAMPIONSHIPS - ATHLETE SURVEY

Please help us serve you better, by completing this short 20 question survey.

1. Circle the event you are competing in: Sprints Hurdles Throws Jumps Distance
2. Circle your gender: Male Female Your age is: _____
3. At what age, did you first compete in track and field? _____
4. In your very first track & field competition, who did you compete for?
Elementary school Youth Club Jr. High/Middle School High School College
5. Which of the following are you competing for at this competition:
Club High School College Unattached
6. Have you ever attended the Jr. National Championships? Yes No
7. How many have you previously attended? _____
8. Do you currently compete for a club? Yes No Have you ever competed for a club? Yes No
9. Have you been a participant in: State HS meet? Yes No Collegiate Nat'l Championship? Yes No
10. Have you attended: USATF Junior Olympics? Yes No National J.O.'s? Yes No
National Youth Athletics? Yes No National Cross-Country? Yes No AAU Nationals? Yes No
11. Which of the following sports do you participate in during the school year? Circle all that apply.
Football Volleyball Basketball Baseball/Softball Cross-Country Soccer Tennis
12. Do you participate in track & field year round? Yes No Do you run Indoors? Yes No
13. How did you find out about the Junior Nationals?
Coach Another athlete Internet Newspaper article Entry blank sent to you
14. How did you secure funding to attend this meet?
Parents Club School Community Development Nat'l Scholastic Adidas club grant
15. Did you drive or fly? Drive Fly If you drove, how many hours drive? _____
16. Who attends this meet with you? Parents Coach Friend By myself
17. In your opinion, is it best to rotate this meet around the country or stay in the middle of the United States? Yes, rotate No, leave it in the middle
18. Which description fits your current coach best?
Parent Club Coach H.S. Coach College Coach Friend Other _____
19. What are the total number of years that your coach has been coaching?
__ less than 1 __ 2- 3 __ 4- 5 __ 5-10 __ 10-15 __ 15 to 20 __ 21 years +
20. Has your coach ever attended any of the **USATF Coaching Education Schools**? Yes No

Please return with your entry form or mail to USA Track & Field at 1 RCA Dome, Suite 140, Indianapolis, IN. 46225 or Fax at 317.261.0481. We appreciate your help with this information.

WARNING: TO ALL ATHLETES!!

Drug Testing is NOT just about Anabolic steroids!

Read this VERY IMPORTANT information regarding drug testing at this event and how taking Supplements, Cold, Asthma and Allergy medications could affect your eligibility.

Some common nutritional **SUPPLEMENTS** and over-the-counter **COLD & ALLERGY** medicines contain prohibited stimulants like ephedrine, pseudoephedrine, phenylpropanolamine and other related substances. If you take a training SUPPLEMENT or COLD or ALLERGY medicine that contains a prohibited substance before competing at this event, you may **TEST POSITIVE** and be disqualified from the competition and lose your spot on the USA National team.

Examples of common medicines that contain prohibited substances:

- | | |
|-------------------------------|-------------------------|
| * Chlor-Trimeton Decongestant | * Tavist-D |
| * Seldane-D | * Dimetapp |
| * Sudafed | * Benadryl decongestant |
| * Actifed | |

This list is NOT all-inclusive. There are many more medicines and supplements that contain prohibited substances.

ASTHMA inhalers may contain restricted substances. A medical notification form must be on file with the US Anti-Doping Agency prior to competition. (Filling out a medical notification form for a prohibited medication may NOT allow you to use the substance during competition; it depends on the substance).

PRESCRIBED medications may contain prohibited substances. A doctor's prescription does not allow you to take a prohibited medication or substance.

BE SAFE!! BE SURE!!

BEFORE you take or use any over-the counter, medicines, nutritional supplements or inhalers call the US Anti-Doping Agency Drug Reference Hotline at

1-800-233-0393.

I have read the above and understand that some common nutritional supplements and over-the-counter cold and allergy medicines contain substances prohibited by the IAAF & USADA and that I can not take them prior to competing at the USA Track & Field Jr. Championships or any other USATF competition. I further understand that I should contact the US Anti-Doping Agency Drug Reference Hotline at **1-800-233-0393** before taking any medicine prior to my competing at the USA Track & Field Junior National Championships.

Name (please print) _____

Athlete Signature _____ Date _____

Coach or Parent Signature _____ Date _____



JUNIOR NATIONAL CHAMPIONSHIPS
Richmond, VA- June 16-17
REGISTRATION FORM
 (Please Type or Print all information)

OFFICE USE ONLY	
DECLARED _____	
___	USATF Card
___	Proof of Performance
___	Signatures
___	Birth Certificate or Passport
___	Entry Paid
___	Late Entry Payment Required

Name _____
Last Name First Name Initial

Home Address _____ Ht. _____ Wt. _____

City _____ State _____ Zip _____ Sex ___ M ___ F

Birth date _____ E-Mail _____

Day Phone (_____) _____ Evening Phone (_____) _____

Coach's Name _____

Coach's Work # (_____) _____ Coach's Home # (_____) _____

2001 USATF No. _____ Club/ School _____

Where will you be staying? (Hotel Name) _____ # of nights _____

EVENTS ENTERING

Event	Qualifying Mark				Qualifying Meet Information		
	Mark	FAT/ HT	Implement Weight	Hurdle Height	Name of Meet	Site	Date

Events entered @ \$10.00/event.. \$ _____

Entry into Hep./Dec. @ \$10.00.... \$ _____

Total Amount of Entry Fees\$ _____

Make check payable to: Richmond Sports Backers

Mail to : USA Jr. National Track and Field Championships
 c/o Tim Lampe
 Stuart C. Siegel Center
 1200 West Broad Street
 PO Box 843013
 Richmond, VA 23284-3013

In consideration of my entry being accepted, I, intending to be legally bound do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against USA Track & Field, Inc., Virginia Commonwealth University, Richmond Sports Backers or any of the other event sponsors, or their respective officers, agents, employees, representatives, successors, assigns from all claims or liabilities of any kind arising out of my participation in the 2001 USATF Jr. National Championships even though that liability may arise out of the negligence or of any entity or persons covered by this waiver. I recognize that attendance or participation in the event carries risks, including, but not limited to, injury, illness or death. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I warrant and represent that I am physically fit to engage in the competitions I have entered. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose of the event whatsoever. I have read the above release and agree to everything stated above.

Athlete's Signature _____ Date _____

Parent/ Guardian Signature _____ Date _____

IMPORTANT INFORMATION on the other side —SIGNATURES REQUIRED !!!