

**2001  
USA TRACK & FIELD  
YOUTH ATHLETICS  
NATIONAL CHAMPIONSHIPS**

**YOUTH ATHLETICS  
NATIONAL CHAMPIONSHIP**



**ENTRY  
INFORMATION**

Millikin University — Decatur, Illinois

- July 3 - 4 — Combined Events
- July 3 - 7 — Individual and Relay Events

Part of the Verizon Youth Series



**Special Thanks**  
**To USATF**  
**YOUTH**  
**Sponsors**



**XEROX**

# **USA TRACK & FIELD YOUTH ATHLETICS NATIONAL CHAMPIONSHIPS**

Millikin University — Decatur, Illinois

- July 3 - 4 — Combined Events
- July 3 - 7 — Individual and Relay Events

## **2001 YOUTH CHAMPIONSHIPS**

The USATF Youth Athletics National Championships are the official youth-age individual-athlete and club/team championships for USA Track & Field, the USA's National Governing Body for track & field. Under the auspices of the United States Olympic Committee (USOC), USA Track & Field manages and conducts the Olympic Trials and acts as the USA's official representative whenever America's national-international athletes compete.

A unique aspect of the Youth Athletics National Championships is the Club/Team Championship Plaques awarded to the top three teams for both boys and girls in each of the five competing age divisions.

## **DECATUR and MILLIKIN UNIVERSITY**

**Decatur, Illinois:** Decatur, Illinois is at the core of the interstate system in Illinois and positioned as a travel thoroughfare for the midwest and the nation as a whole. **Half of the population of the United States can reach Decatur in a single day's drive!**

**Millikin University:** Five minutes from downtown Decatur, Millikin University is a compact campus with an excellent new track venue and a supporting complex of facilities, including:

(1). *University Center*, a modern facility with a dining room and a snack bar.

**Note:** The lower level of the University/Student Center will serve as the Youth National Information Center, including Packet Pickup.

(2). *Griswold Physical Education Center*, a modern athletics complex that includes restrooms, showers, a swimming pool (*open to all*), a trainer/first aid facility, and a large gym.

(3). Suite-type dormitories within 200-400 meters of the track.

(4). An athlete warm-up area east of the track.

## ***ATHLETE ELIGIBILITY***

Competitors must be US citizens or foreign nationals residing in the United States, and must have been born after July 29, 1982. Athletes are eligible to compete as members of CLUB teams or as UNATTACHED individuals.

## ***AGE DIVISIONS***

Competition is conducted in five age divisions for both boys and girls, based on year of birth. Age division titles and corresponding birth years are as follows: BANTAM (1991-later), MIDGET (1989-1990), YOUTH (1987-1988), INTERMEDIATE (1985-1986), YOUNG MEN/WOMEN (1983-84-- Athletes born in 1982 are also eligible IF they do not turn 19 on or prior to July 29, 2001).

## ***MEMBERSHIP REQUIREMENTS***

**Athlete Memberships:** Each athlete is required to be a 2001-year member of USA Track & Field. The 2001 athlete membership number must be listed on the entry form **OR** a membership application and the fee (\$15, separate check) must be enclosed in the same package as the entry forms. **Note:** "Pending" and "Applied For" will not be accepted.

**Club/Team Memberships:** All clubs that enter relay-team competitions or compete for age-division team awards are required to be 2001-year registered club members. The 2001 club membership number (issued by the club's association) must be listed on the Team/Entry Form. **Note:** Clubs that enter relay teams or qualify for Club/Team awards may be required to demonstrate proof of their 2001 USATF club registration on site.

## ***FEE and LATE ENTRY REQUIREMENTS***

**Entry Fees and Deadlines:** \$6 per event if *RECEIVED* on or before Tuesday, June 12.

**Late Entry Fees:** \$10 per event if *RECEIVED* between Wednesday, June 13 and Tuesday, June 19.

**Late-late Entry Fees and Conditions:** Entries *RECEIVED* after Tuesday, June 19 will be accepted **(1) ONLY IF** sent via EXPRESS/OVERNITE DELIVERY and in our hands on or before our drop-dead express/overnite deadline of Friday, June 22; and **(2) ONLY IF** sender encloses an additional surcharge of \$10 per athlete.

**Post-Deadline Entries:** After June 22, entries may be submitted if express permission is granted by the meet Administrative Coordinator, Mary Watters (phone). Without permission, entries *RECEIVED* after June 22 will be returned to sender.

**Event Substitutions:** (i.e., drop an event/add another for previously-entered athletes): Substitutions will be *RECEIVED* at no cost on or prior to June 12; **\$10 per event** after June 12, but *RECEIVED* no later than June 19.

**New Events:** for previously-entered athletes are subject to the same fee terms as described under "Late-Late Entry Conditions".

- **Phone or FAX entries will not be accepted** ●

**Relay Entry Fees:** Relay Team fees are 4X the entry fees charged for individual-event entries as per the fee charges and deadlines listed above.

**Team Championships:** All Club/Teams duly registered with their respective USATF-member Associations will be scored and eligible to compete for age-division team championship plaques (five divisions, both boys and girls) See "Membership Requirements" (p.3) and "Team Scoring and Awards" (p.5)

**Combined Events Fees:** *Entries RECEIVED* on or before June 12 for the Triathlon=\$20; Pentathlon=\$24; Heptathlon and Decathlon=\$24. Entries *RECEIVED* between June 13 and June 19: Enclose \$20 extra.

Combined Events entries after June 19 are governed by the same entry fee and deadline conditions as apply to individual and relay entries.

**Entry Confirmation:** Entries will be confirmed **(1) ONLY IF** *RECEIVED* on or before June 22; and **(2) ONLY IF** a self-addressed stamped envelope (SASE) is enclosed.

## **ENTRIES, FORMS, and FEES SUBMISSIONS**

First Class Mail/Express/Overnight To:

USATF YOUTH ATHLETICS, Millikin University,  
1184 West Main Street, Decatur, IL 62522

**Note:** Entries to be *RECEIVED* after Tuesday, June 19 require a late fee charge (see p.4) and must be sent via EXPRESS/OVERNITE DELIVERY and in our hands by Friday, June 22, the drop-dead deadline for receipt of all entries. Entries *RECEIVED* after Friday, June 22, will be returned unless express prior permission is granted by the YA National Administrative Coordinator, Mary Watters. (See p. 8 "Meet Administration", for contact information.)

## **AWARDS and PERFORMANCE GUIDELINES**

**Awards:** National Championship medals will be awarded to first through eighth places in individual events. Awards will be presented following the posting of final results for each event. Team awards will be presented following the posting of results of the last event of the meet on Saturday, July 7.

**Performance Guidelines:** (formerly, "Qualifying Standards") are listed in this Information Booklet. In past years, "qualifying marks/standards" were required to enter this meet. That is no longer the case. However, these "Performance Guidelines" are still useful to determine the likelihood or possibility that a given performance or mark would produce an award at the Youth Athletics Championships in 2001.

**Team Scoring and Awards:** Team scoring will be based on the following point structure with the top 8 places scored (10-8-6-5-4-3-2-1--- to indicate points from first through eighth place).

Each male and female division will be scored separately. Awards will be presented to the first, second, and third place teams in each division. There will not be an overall team award. All teams will be scored automatically. Team-scoring declarations/fees are no longer required.

**Multi-Events:** The team points earned by a club/team member in the Combined Events competition will be included in that team's overall score. IAAF scoring tables (1998) will be used to score all combined event competition (Triathlon, Pentathlon, Heptathlon and Decathlon).

**Club/Team Relays:** All relay team members must be members of the same club, which must, in turn, be registered with the Club's resident USATF Association for 2001. A relay team consists of four (4) athletes entered into the meet on their respective INDIVIDUAL entry forms. Only those athletes listed on the Team Entry Form "Roster" will be allowed to compete on a relay team. Relay-Team members, only, must be listed on this *ROSTER*.

## ***TERMS and CONDITIONS***

1. Athletes who are 18 years old and will reach their 19<sup>th</sup> birthday on or before July 29, 2001, are ineligible to compete in Youth Athletics competition at any time during the competition year. Those who reach their 19<sup>th</sup> birthday after July 29 are eligible to compete as Young Men/Young Women.
2. Qualification Standards are no longer required. Performance Guidelines are provided as best estimates of the performance required to earn a medal in this year's Championships. The guidelines were determined by taking a weighted average of the 2000 standards and 2000 eighth-place performance. If there were fewer than eight entries in a particular event, the eighth place performance was estimated.
3. Starting heights for the high jump will be 10 centimeters below the stated guidelines; starting heights for the pole vault will be 30 centimeters below the guidelines.
4. Marks submitted for this meet should be the athlete's best performance for that event during the previous twelve-month period.
5. Times submitted in hundredths of seconds must be Fully Automatic Times (FAT).
6. Composite scores may be computed for combined events using point scores for the athlete's best performance in each individual event during the previous twelve months.
7. Marks for the 1600m and 1 Mile are acceptable equivalents for the 1500, 3200m and 2 Mile marks for the 3000m, and 300 hurdle marks for the 400m hurdles.
8. In the Intermediate Boys and Young Men's divisions, the 1500m, 1600m, 1 Mile, 3000m, 3200m and 2 mile marks are also acceptable equivalents for the steeplechase.
9. In the Young Men's division, the 3000m, 3200m and the 2 Mile marks are also acceptable equivalents for the 5000m.
10. No guidelines are published for the mini-javelin (Bantams and Midgets) or the Hammer Throw (Intermediate Boys & Girls and Young Men/Young Women), as they are exhibition events.

For questions concerning **performance guidelines**, call James C. Duncan at (636) 528-4631. Leave your name and phone number, and clearly state your question.

Revised 12/1/2000

## ***USATF RULES and REGULATIONS***

**USATF Rules:** The meet will be conducted in accordance with USATF rules, including those applicable and specific to Youth Athletics.

**Event Limits:** A competitor must compete in his/her age division only. No "moving up" in any events, including relays. Competitors in the Bantam and Midget Divisions may compete in a maximum of three (3) events, including relays. Youth, Intermediate, and Young Men/Women Divisions may compete in a maximum of four (4) events, including relays. Combined Events are not included in the event count. **Note:** Events entered and later scratched are not counted in the maximum limits.

**Relay Uniforms:** Relay participants must wear a top of a same color and shorts of a same color. Team tops and shorts may be the same or different colors.

**Protest Table:** Protests must be filed within 30 minutes of the posting of results. A cash fee of \$50 will be required, along with an official Protest Form, to be obtained from the Referee. The fee will be refunded only if the appeal is upheld.

Remember, banners and other meet signage are not souvenirs! They are the property of Millikin University and/or USATF and will be used at other competitions throughout the summer. Violators will be dismissed from future competition.

## ***THE TRACK FACILITY***

**The Track:** The track at Millikin University has an 8-lane Rekortan polyurethane surface with 42" lanes. The jumping event approach surfaces are also Rekortan. One javelin runway is grass and the other is polyurethane. The throwing event circles are concrete.

For specific information visit the Millikin University Youth Athletics 2001 website: <http://www.millikin.edu/athletics/track/YA2001/ya2001.html>

**Warm Up Site:** An auxiliary warmup area is located on the field east of the track.

**Spike Length:** The maximum spike length permitted on the track and the jumping event surfaces is 1/4 inch.

**Implements:** All starting blocks, relay batons and throwing implements -- with the exception of hammers -- will be provided by meet management. Privately owned implements may not be used. Except, pole-vaulters must provide their own poles.

## **MEET ADMINISTRATION**

**Registration/Packet Pickup:** Check In for all athletes will be at Millikin University's "University Center" (lower level), adjacent to the track. Each athlete will be assigned a competitor BIB#, which must be pinned to the athlete's chest and "worn as issued" (i.e., no folding, etc.) The BIB# must be worn at all times while the athlete is inside the gates of the track facility. Lost BIB#'s cost \$5 each.

**Admissions:** No charge for admissions on July 3-4 (Tues-Wed). The July 5-7 (Thu-Sat) fee is \$4 per day; or \$10 for a three-day pass. All pre-school children will be admitted FREE. Note: "Coaches" without current USATF Membership Cards (the card, itself, must be produced) are required to pay the standard admissions fee.

**Coaches' Passes:** According to USATF National policy, no coaches' passes will be issued. Coaches will be admitted FREE upon showing a current "USATF Membership Card" with the COACH category marked.

**Stadium Regulations:** Tents/canopies in the stadium will be restricted to the upper five (5) rows. No restrictions on coolers, except coolers/ice chests with *glass containers* will *NOT* be allowed.

Notes: Athletes will also be allowed to set up tents/tarps on designated grounds inside and outside the stadium.

**Meet Administration:**

**Mary Watters** •217/420-6625  
•youthathletics@mail.millikin.edu  
•Fax 217/362-6414

**Meet Site Coordinator:** Millikin University  
**Don Luy** •217/420-6625  
•dluy@mail.millikin.edu

**Officials Coordinator:** USATF Officials  
**Ron Altoff**  
•H. 740/548-3996  
•Altrack@aol.com

**Media Coordinator:** Millikin University  
**Mike Anderson** Sports Info Director  
•217/362-6429 MAnderson@mail.millikin.edu

**ON-SITE  
INFORMATION  
and  
REGISTRATION**  
youthathletics@  
mail.millikin.edu

**YOUTH  
NATIONAL  
EMAIL:**  
youthathletics@  
mail.millikin.edu

**YOUTH  
NATIONAL  
WEB SITE**  
•www.usatf.org/youth

## **TRAVEL INFORMATION**

**Air Travel:** Decatur is serviced by TWA, via Lambert Airport in St. Louis. Three additional central Illinois airports (Bloomington, Springfield, and Champaign) are serviced by other major airlines, including United, Northwest, Frontier, AirTran, Conair, and American. All central Illinois airports are located within 35-45 minutes of Decatur.

**Ground Travel:** Decatur Airport and other central Illinois airports are serviced by most major car rental agencies, including National, Avis, Hertz, and Enterprise.

**Campus Parking:** CAMPUS PARKING IS FREE. Parking is located within five minutes of the track. Officials parking and club/team parking are located on lots within a two minute walk of the track.

## **ACCOMMODATIONS**

**Campus Residence Halls and Apartments:** All rooms are air-conditioned. Cost for residence halls is \$15 per night for double occupancy. Registration forms are included in this Entry Booklet. You may also call Millikin Institute at (217) 464-8641. An Online Reservation Form is also available on the Youth Athletics website: <http://www.millikin.edu/athletics/track/YA2001/ya2001.html>.

**Hotels:** A list of area hotels is included within this Entry Booklet, and also on the meet website. Note: Hotels in Forsyth are approximately 10-15 minutes from the track.

## **FOOD**

**Food:** Campus food options include Quizno's, Bagelmann's, Subway, TCBY, and the University Cafeteria located in Universty Center. The University Center Cafeteria will be open for breakfast (7am-9am), lunch (11am-1pm), and dinner (5pm-7pm).

Note: A debit card or cash may be used at all campus food operations and at Domino's Pizza located east of the Millikin University campus.

A concessions stand will be open at all times during the competition, and a number of fast food establishments outside the campus are within walking distance of the track.

## **ATHLETE ACTIVITIES and AMENITIES**

USATF Illinois, Decatur and Millikin University are going all out to welcome everyone to the 2001 Youth Athletics National Championships. The Millikin University campus is a safe, compact, self-contained environment for young people.

**Welcoming Ceremonies and Fireworks:** The Youth Athletics Welcoming Ceremony will be staged at the Frank M. Lindsay track stadium, starting at 8:30 pm on Thursday, July 5. Fireworks begin at about 9:00 pm.

**Athletes Village:** Athletes, enjoy your time off from the competition at the "Athletes Village", located adjacent to the track and University Center. Games, apparel vendors, food and beverages -- all within 100 meters of the track.

**Swimming Pool:** The Griswold swimming pool will be OPEN to all and fully-staffed during designated hours (hours will be posted on-site).

**Action Photography:** Action photos will be taken during your events and proofs will be mailed, for your review, after the competition. Action photos will be taken by Action Sports Images of Kansas City, MO. Questions to: Mike DeGhelder, ASI, 816/741-7704. E-Mail: actionsportsimages@kc.rr.com.

**Decatur and Area Attractions:** Stop by the "Decatur Hospitality" table in University Center for a list of area attractions and discounts to Decatur recreation sites and facilities, including miniature golf courses and go-kart racing.

Fairview Park, located adjacent to the Millikin Campus, has playgrounds and bike trails; and the Rock Springs Conservation Area offers nature exhibits and hiking trails.

Central Illinois attractions include Lake Shelbyville beaches, two water parks, the Lincoln sites in Springfield and the Amish Community.

**T-Shirts and other Meet Apparel:** Official meet shirts and other apparel will be sold on-site by Fine Designs, Inc. For club teams that would like to make special arrangements, contact Victor Kostrub, 800/644-6954 or 425/271-2866; fndesign90@aol.com.

**Official USATF Apparel** will also be available for sale on-site at the competition, and on the USATF website at [www.usatf.org](http://www.usatf.org).

## COMBINED EVENT SCHEDULE

### Tuesday, July 3

|          |   |        |   |
|----------|---|--------|---|
| 8:00 AM  | Heptathlon Day 1<br>100m Hurdles, High Jump, Shot Put, 200m           | IG, YW |   |
| 9:00 AM  | Pentathlon<br>100m Hurdles, Shot Put, High Jump, Long Jump, 800/1500m | YG, YB | F |
| 10:00 AM | Decathlon Day 1<br>100m, Long Jump, Shot Put, High Jump, 400m         | IB, YM |   |

### Wednesday, July 4

|          |  |        |   |
|----------|--|--------|---|
| 8:00 AM  | Decathlon Day 2<br>110m Hurdles, Discus, Pole Vault, Javelin, 1500m  | IB, YM | F |
| 9:00 AM  | Pentathlon<br>80m Hurdles, Shot Put, High Jump, Long Jump, 800/1500m | MG, MB | F |
| 10:30AM  | Heptathlon Day 2<br>Long Jump, Javelin, 800m                         | IG, YW | F |
| 11:00 AM | Triathlon<br>Shot Put, High Jump, 200/400m                           | BG, BB | F |

## RUNNING EVENT SCHEDULE

### Tuesday, July 3

|            |                    |        |   |
|------------|--------------------|--------|---|
| 10:45 AM   | 2000m Steeplechase | IB, YM | F |
| 11:30 AM   | 3000m Race Walk    | YG     | F |
| 12:00 Noon | 3000m Race Walk    | YB     | F |
| 12:30 PM   | 1500m Race Walk    | BG     | F |
| 1:00 PM    | 1500m Race Walk    | BB     | F |
| 1:30 PM    | 1500m Race Walk    | MG     | F |
| 2:00 PM    | 1500m Race Walk    | MB     | F |

### Wednesday, July 4

|          |                 |        |   |
|----------|-----------------|--------|---|
| 10:00 AM | 5000m Race Walk | IG, YW | F |
| 11:00 AM | 5000m Race Walk | IB, YM | F |
| 12 Noon  | 4x800m Relay    | MG, MB | F |
| 12:30 PM | 4x800m Relay    | YG, YB | F |
| 1:00 PM  | 4x800m Relay    | IG, IB | F |
| 1:30 PM  | 4x800m Relay    | YW, YM | F |

### Thursday, July 5

|          |              |                        |   |
|----------|--------------|------------------------|---|
| 9:00 AM  | 3000m Run    | MG, MB                 | F |
| 9:45 AM  | 1500m Run    | YG, YB, IG, IB, YW, YM | T |
| 11:15 AM | 100m Dash    | All Divisions          | T |
| 1:30 PM  | 110m Hurdles | IB, YM                 | T |
|          | 100m Hurdles | IG, YW, YB             | T |
|          | 100m Hurdles | YG                     | T |
|          | 80m Hurdles  | MG, MB                 | T |
| 3:00 PM  | 800m Run     | All Divisions          | T |
| 4:00 PM  | 200m Dash    | All Divisions          | T |
| 6:00 PM  | 4x400m Relay | BG, BB                 | T |
| 6:30 PM  | 4x400m Relay | MG, MB                 | T |
| 7:00 PM  | 4x400m Relay | YG, YB                 | T |
| 7:30 PM  | 4x400m Relay | IG, IB                 | T |
| 8:00 PM  | 4x400m Relay | YW, YM                 | T |

### Friday, July 6

|          |              |                    |   |
|----------|--------------|--------------------|---|
| 9:00 AM  | 5000m Run    | YM                 | F |
| 9:30 AM  | 3000m Run    | YG, YB, IG, IB, YW | F |
| 11:30 AM | 800m Run     | All Divisions      | F |
| 12:15 PM | 200m Dash    | All Divisions      | F |
| 1:00 PM  | 400m Hurdles | IG, YW, IB, YM     | T |
| 2:00 PM  | 200m Hurdles | YG, YB             | T |
| 2:15 PM  | 400m Dash    | All Divisions      | T |
| 4:15 PM  | 4x100m Relay | BG, BB             | T |
| 4:45 PM  | 4x100m Relay | MG, MB             | T |
| 5:15 PM  | 4x100m Relay | YG, YB             | T |
| 5:45 PM  | 4x100m Relay | IG, IB             | T |
| 6:15 PM  | 4x100m Relay | YW, YM             | T |

**Saturday, July 7**

|          |              |                        |   |
|----------|--------------|------------------------|---|
| 9:00 AM  | 400m Hurdles | IB, YM                 | F |
| 9:15 AM  | 400m Hurdles | IG, YW                 | F |
| 9:30 AM  | 200m Hurdles | YG, YB                 | F |
| 9:45 AM  | 1500m Run    | BG, BB, MG, MB         | F |
| 11:00 AM | 100m Dash    | All Divisions          | F |
| 11:30 AM | 400m Dash    | All Divisions          | F |
| 12 Noon  | 1500m Run    | YG, YB, IG, IB, YW, YM | F |
| 1:30 PM  | 110m Hurdles | IB, YM                 | F |
| 1:40 PM  | 100m Hurdles | IG, YW, YB             | F |
| 2:00 PM  | 100m Hurdles | YG                     | F |
| 2:10 PM  | 80m Hurdles  | MG, MB                 | F |
| 2:30 PM  | 4x100m Relay | All Divisions          | F |
| 3:30 PM  | 4x400m Relay | All Divisions          | F |

**FIELD EVENT SCHEDULE****Thursday, July 5**

|          |            |        |   |
|----------|------------|--------|---|
| 8:00 AM  | High Jump  | YG, YB | F |
|          | Long Jump  | IG, IB | F |
|          | Shot Put   | BG, BB | F |
|          | Discus     | MG     | F |
|          | Javelin    | YW     | F |
| 9:00 AM  | Pole Vault | YG     | F |
| 11:00 AM | Discus     | MB     | F |
| 12 Noon  | High Jump  | IG, YW | F |
|          | Long Jump  | YG, YB | F |
|          | Shot Put   | YM     | F |
|          | Javelin    | IG     | F |
| 12:30 PM | Pole Vault | IG     | F |
| 2:00 PM  | Discus     | IB     | F |
| 4:00 PM  | High Jump  | MG, MB | F |
|          | Long Jump  | BG, BB | F |
|          | Pole Vault | YW     | F |
|          | Javelin    | YB     | F |
|          | Shot Put   | YW     | F |
| 5:00 PM  | Discus     | YG     | F |

**Friday, July 6**

|         |             |              |   |
|---------|-------------|--------------|---|
| 8:00 AM | High Jump   | BG, BB       | F |
|         | Triple Jump | IG, IB       | F |
|         | Shot Put    | MG, MB       | F |
|         | Discus      | YB           | F |
|         | Javelin     | YM           | F |
| 9:00 AM | Pole Vault  | YB           | F |
|         | Javelin     | BG (Infield) | F |
| 12 Noon | High Jump   | IB           | F |
|         | Long Jump   | YW, YM       | F |
|         | Shot Put    | IB           | F |
|         | Javelin     | YG           | F |
|         | Discus      | IG           | F |
| 2:00 PM | Pole Vault  | IB           | F |
|         | Javelin     | BB (Infield) | F |
| 4:00 PM | High Jump   | YM           | F |
|         | Long Jump   | MG, MB       | F |
|         | Shot Put    | YG, YB       | F |
|         | Javelin     | IB           | F |
|         | Discus      | YM           | F |

**Saturday, July 7**

|          |             |              |   |
|----------|-------------|--------------|---|
| 8:00 AM  | Triple Jump | YM, YW       | F |
|          | Hammer      | IG, YW       | F |
| 9:00 AM  | Pole Vault  | YM           | F |
|          | Javelin     | MG (Infield) | F |
| 10:00 AM | Hammer      | IB, YM       | F |
| 12 Noon  | Javelin     | MB (Infield) | F |
|          | Discus      | YW           | F |
|          | Shot Put    | IG           | F |
|          | Triple Jump | YG, YB       | F |

## 2001 Boys' Youth Athletics Performance Guidelines

### YOUNG MEN (BORN 1983-84)\*

| EVENTS           | FAT      | MANUAL  |
|------------------|----------|---------|
| 100m             | 11.44    | 11.2    |
| 200m             | 22.74    | 22.5    |
| 400m             | 51.24    | 51.1    |
| 800m             | 2:01.00  | 2:01.0  |
| 1500m            | 4:17.00  | 4:17.0  |
| 1600m            | 4:34.00  | 4:34.0  |
| 1 Mile           | 4:36.00  | 4:36.0  |
| 3000m            | 9:51.00  | 9:51.0  |
| 3200m            | 10:31.00 | 10:31.0 |
| 2 Mile           | 10:34.00 | 10:34.0 |
| 5000m            | 16:21.00 | 16:21.0 |
| 3000m Walk       | 17:40.00 | 17:40.0 |
| 2 Mile Walk      | 19:00.00 | 19:00.0 |
| 110m H. (39")    | 15.84    | 15.6    |
| 300m H. (36")    | 43.44    | 43.3    |
| 400m H. (36")    | 1:00.24  | 1:00.1  |
| 2000m SC         | 6:57.00  | 6:57.0  |
| Pole Vault       | 4.00     | 13-2    |
| High Jump        | 1.85     | 6-1     |
| Long Jump        | 6.55     | 21-6    |
| Triple Jump      | 12.49    | 41-0    |
| Shot Put (12 lb) | 13.96    | 45-9    |
| Discus (1.6 kg)  | 41.29    | 135-6   |
| Javelin (800g)   | 44.09    | 144-8   |
| 400m Relay       | 44.44    | 44.3    |
| 440y Relay       | 44.64    | 44.5    |
| 1600m Relay      | 3:33.00  | 3:33.0  |
| 1 Mile Relay     | 3:35.00  | 3:35.0  |
| 3200m Relay      | 8:41.00  | 8:41.0  |
| 2 Mile Relay     | 8:43.00  | 8:43.0  |
| Decathlon        | 4746     |         |

### INTERMEDIATE (BORN 1985-86)

| EVENTS           | FAT      | MANUAL  |
|------------------|----------|---------|
| 100m             | 11.74    | 11.5    |
| 200m             | 23.64    | 23.4    |
| 400m             | 52.44    | 52.3    |
| 800m             | 2:05.00  | 2:05.0  |
| 1500m            | 4:22.00  | 4:22.0  |
| 1600m            | 4:39.00  | 4:39.0  |
| 1 Mile           | 4:41.00  | 4:41.0  |
| 3000m            | 9:46.00  | 9:46.0  |
| 3200m            | 10:26.00 | 10:26.0 |
| 2 Mile           | 10:29.00 | 10:29.0 |
| 3000m Walk       | 19:00.00 | 19:00.0 |
| 2 Mile Walk      | 20:00.00 | 20:00.0 |
| 110m H. (39")    | 17.04    | 16.8    |
| 300m H. (36")    | 44.54    | 44.4    |
| 400m H. (36")    | 1:01.74  | 1:01.6  |
| 2000m SC         | 7:36.00  | 7:36.0  |
| Pole Vault       | 3.65     | 12-0    |
| High Jump        | 1.75     | 5-9     |
| Long Jump        | 5.96     | 19-7    |
| Triple Jump      | 11.72    | 38-5    |
| Shot Put (12 lb) | 12.38    | 40-7    |
| Discus (1.6 kg)  | 37.13    | 121-10  |
| Javelin (800 g)  | 37.96    | 124-6   |
| 400m Relay       | 46.04    | 45.9    |
| 440y Relay       | 46.24    | 46.1    |
| 1600m Relay      | 3:43.00  | 3:43.0  |
| 1 Mile Relay     | 3:44.00  | 3:44.0  |
| 3200m Relay      | 9:18.00  | 9:18.0  |
| 2 Mile Relay     | 9:21.00  | 9:21.0  |
| Decathlon        | 4100     |         |

### YOUTH (BORN 1987-88)

| EVENTS | FAT     | MANUAL |
|--------|---------|--------|
| 100m   | 12.24   | 12.0   |
| 200m   | 24.74   | 24.5   |
| 400m   | 56.04   | 55.9   |
| 800m   | 2:14.00 | 2:14.0 |
| 1500m  | 4:35.00 | 4:35.0 |

### YOUTH (BORN 1987-88)

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 1600m           | 4:54.00  | 4:54.0  |
| 1 Mile          | 4:55.00  | 4:55.0  |
| 3000m           | 10:17.00 | 10:17.0 |
| 3200m           | 10:59.00 | 10:59.0 |
| 2 Mile          | 11:02.00 | 11:02.0 |
| 3000m Walk      | 20:00.00 | 20:00.0 |
| 2 Mile Walk     | 21:30.00 | 21:30.0 |
| 100m H. (33")   | 16.44    | 16.2    |
| 200m H. (30")   | 29.44    | 29.2    |
| Pole Vault      | 2.45     | 8-1     |
| High Jump       | 1.55     | 5-1     |
| Long Jump       | 5.30     | 17-5    |
| Triple Jump     | 10.20    | 33-6    |
| Shot Put (4 kg) | 12.04    | 39-6    |
| Discus (1 kg)   | 35.58    | 116-9   |
| Javelin (600 g) | 32.85    | 107-9   |
| 400m Relay      | 49.84    | 49.7    |
| 440y Relay      | 50.04    | 49.9    |
| 1600m Relay     | 3:58.00  | 3:58.0  |
| 1 Mile Relay    | 3:59.00  | 3:59.0  |
| 3200m Relay     | 9:54.00  | 9:54.0  |
| 2 Mile Relay    | 9:57.00  | 9:57.0  |
| Pentathlon      | 2155     |         |

### MIDGET (BORN 1989-90)

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 100m            | 13.54    | 13.3    |
| 200m            | 27.84    | 27.6    |
| 400m            | 1:02.94  | 1:02.8  |
| 800m            | 2:30.00  | 2:30.0  |
| 1500m           | 5:00.00  | 5:00.0  |
| 1600m           | 5:21.00  | 5:21.0  |
| 1 Mile          | 5:22.00  | 5:22.0  |
| 3000m           | 10:57.00 | 10:57.0 |
| 3200m           | 11:42.00 | 11:42.0 |
| 2 Mile          | 11:45.00 | 11:45.0 |
| 1500m Walk      | 10:37.00 | 10:37.0 |
| 1 Mile Walk     | 11:26.00 | 11:26.0 |
| 80m H. (30")    | 14.44    | 14.12   |
| High Jump       | 1.35     | 4-5     |
| Long Jump       | 4.43     | 14-6    |
| Shot Put (6 lb) | 9.39     | 30-10   |
| Discus (1 kg)   | 22.55    | 74-0    |
| 400m Relay      | 55.84    | 55.7    |
| 440y Relay      | 56.04    | 55.9    |
| 1600m Relay     | 4:34.00  | 4:34.0  |
| 1 Mile Relay    | 4:35.00  | 4:35.0  |
| 3200m Relay     | 11:12.00 | 11:12.0 |
| 2 Mile Relay    | 11:16.00 | 11:16.0 |
| Pentathlon      | 1751     |         |

### BANTAM (BORN 1991 or later)

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 100m            | 14.54    | 14.3    |
| 200m            | 29.74    | 29.5    |
| 400m            | 1:11.74  | 1:11.6  |
| 800m            | 2:44.00  | 2:44.0  |
| 1500m           | 5:27.00  | 5:27.0  |
| 1600m           | 5:50.00  | 5:50.0  |
| 1 Mile          | 5:51.00  | 5:51.0  |
| 1500m Walk      | 11:05.00 | 11:05.0 |
| 1 Mile Walk     | 11:55.00 | 11:55.0 |
| High Jump       | 1.15     | 3-9     |
| Long Jump       | 3.80     | 12-6    |
| Shot Put (6 lb) | 6.88     | 22-7    |
| 400m Relay      | 1:01.64  | 1:01.5  |
| 400y Relay      | 1:01.94  | 1:01.8  |
| 1600m Relay     | 5:09.00  | 5:09.0  |
| 1 Mile Relay    | 5:10.00  | 5:10.0  |
| Triathlon       | 449      |         |

\* See Terms & Conditions Revised 11/28/2000

## 2001 Girls' Youth Athletics Performance Guidelines

### YOUNG WOMEN (BORN 1983-84)\*

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 100m            | 12.94    | 12.7    |
| 200m            | 26.34    | 26.1    |
| 400m            | 59.64    | 59.5    |
| 800m            | 2:33.00  | 2:33.0  |
| 1500m           | 5:20.00  | 5:20.0  |
| 1600m           | 5:42.00  | 5:42.0  |
| 1 Mile          | 5:44.00  | 5:44.0  |
| 3000m           | 11:59.00 | 11:59.0 |
| 3200m           | 12:48.00 | 12:48.0 |
| 2 Mile          | 12:51.00 | 12:51.0 |
| 3000m Walk      | 20:00.00 | 20:00.0 |
| 2 Mile Walk     | 21:30.00 | 21:30.0 |
| 100m H. (33")   | 16.84    | 16.6    |
| 300m H. (30")   | 51.44    | 51.3    |
| 400m H. (30")   | 1:11.34  | 1:11.2  |
| Pole Vault      | 1.90     | 6-3     |
| High Jump       | 1.50     | 4-11    |
| Long Jump       | 4.93     | 16-2    |
| Triple Jump     | 9.89     | 32-5    |
| Shot Put (4 kg) | 10.03    | 32-11   |
| Discus (1 kg)   | 31.84    | 104-6   |
| Javelin (600g)  | 27.13    | 89-0    |
| 400m Relay      | 51.24    | 51.1    |
| 440y Relay      | 51.44    | 51.3    |
| 1600m Relay     | 4:18.00  | 4:18.0  |
| 1 Mile Relay    | 4:19.00  | 4:19.0  |
| 3200m Relay     | 11:00.00 | 11:00.0 |
| 2 Mile Relay    | 11:03.00 | 11:03.0 |
| Heptathlon      | 2701     |         |

### INTERMEDIATE (BORN 1985-86)

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 100m            | 12.94    | 12.7    |
| 200m            | 26.24    | 26.0    |
| 400m            | 58.54    | 58.4    |
| 800m            | 2:26.00  | 2:26.0  |
| 1500m           | 5:05.00  | 5:05.0  |
| 1600m           | 5:26.00  | 5:26.0  |
| 1 Mile          | 5:27.00  | 5:27.0  |
| 3000m           | 11:24.00 | 11:24.0 |
| 3200m           | 12:11.00 | 12:11.0 |
| 2 Mile          | 12:14.00 | 12:14.0 |
| 3000m Walk      | 20:16.00 | 20:16.0 |
| 2 Mile Walk     | 21:47.00 | 21:47.0 |
| 100m H. (33")   | 16.64    | 16.4    |
| 300m H. (30")   | 53.34    | 53.2    |
| 400m H. (30")   | 1:13.94  | 1:13.8  |
| Pole Vault      | 1.70     | 5-7     |
| High Jump       | 1.45     | 4-9     |
| Long Jump       | 4.79     | 15-9    |
| Triple Jump     | 9.91     | 32-6    |
| Shot Put (4 kg) | 9.51     | 31-2    |
| Discus (1 kg)   | 29.11    | 95-6    |
| Javelin (600 g) | 25.25    | 82-10   |
| 400m Relay      | 51.04    | 50.9    |
| 440y Relay      | 51.34    | 51.2    |
| 1600m Relay     | 4:19.00  | 4:19.0  |
| 1 Mile Relay    | 4:20.00  | 4:20.0  |
| 3200m Relay     | 11:00.00 | 11:00.0 |
| 2 Mile Relay    | 11:03.00 | 11:03.0 |
| Heptathlon      | 2907     |         |

### YOUTH (BORN 1987-88)

| EVENTS | FAT     | MANUAL |
|--------|---------|--------|
| 100m   | 13.24   | 13.0   |
| 200m   | 26.64   | 26.4   |
| 400m   | 1:00.74 | 1:00.6 |
| 800m   | 2:29.00 | 2:29.0 |
| 1500m  | 5:05.00 | 5:05.0 |
| 1600m  | 5:25.00 | 5:25.0 |

### YOUTH (BORN 1987-88) cont'd

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 1 Mile          | 5:27.00  | 5:27.0  |
| 3000m           | 11:21.00 | 11:21.0 |
| 3200m           | 12:07.00 | 12:07.0 |
| 2 Mile          | 12:11.00 | 12:11.0 |
| 3000m Walk      | 20:28.00 | 20:28.0 |
| 2 Mile Walk     | 22:00.00 | 22:00.0 |
| 100m H. (30")   | 16.84    | 16.6    |
| 200m H. (30")   | 31.44    | 31.2    |
| Pole Vault      | 1.60     | 5-3     |
| High Jump       | 1.45     | 4-9     |
| Long Jump       | 4.64     | 15-3    |
| Triple Jump     | 9.47     | 31-1    |
| Shot Put (6 lb) | 10.47    | 34-4    |
| Shot Put (4 kg) | 8.45     | 27-9    |
| Discus (1 kg)   | 24.94    | 81-10   |
| Javelin (600 g) | 21.73    | 71-4    |
| 400m Relay      | 52.94    | 52.8    |
| 440y Relay      | 53.14    | 53.0    |
| 1600m Relay     | 4:22.00  | 4:22.0  |
| 1 Mile Relay    | 4:24.00  | 4:24.0  |
| 3200m Relay     | 11:04.00 | 11:04.0 |
| 2 Mile Relay    | 11:07.00 | 11:07.0 |
| Pentathlon      | 2335     |         |

### MIDGET (BORN 1989-90)

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 100m            | 13.74    | 13.5    |
| 200m            | 27.94    | 27.7    |
| 400m            | 1:05.44  | 1:05.3  |
| 800m            | 2:37.00  | 2:37.0  |
| 1500m           | 5:17.00  | 5:17.0  |
| 1600m           | 5:39.00  | 5:39.0  |
| 1 Mile          | 5:41.00  | 5:41.0  |
| 3000m           | 11:42.00 | 11:42.0 |
| 3200m           | 12:29.00 | 12:29.0 |
| 2 Mile          | 12:33.00 | 12:33.0 |
| 1500m Walk      | 9:58.00  | 9:58.0  |
| 1 Mile Walk     | 10:43.00 | 10:43.0 |
| 80m H. (30")    | 15.04    | 14.8    |
| High Jump       | 1.30     | 4-3     |
| Long Jump       | 4.17     | 13-8    |
| Shot Put (6 lb) | 8.05     | 26-5    |
| Discus (1 kg)   | 17.24    | 56-7    |
| 400m Relay      | 56.04    | 55.9    |
| 440y Relay      | 56.34    | 56.2    |
| 1600m Relay     | 4:37.00  | 4:37.0  |
| 1 Mile Relay    | 4:39.00  | 4:39.0  |
| 3200m Relay     | 11:52.00 | 11:52.0 |
| 2 Mile Relay    | 11:55.00 | 11:55.0 |
| Pentathlon      | 2016     |         |

### BANTAM (BORN 1991 or later)

| EVENTS          | FAT      | MANUAL  |
|-----------------|----------|---------|
| 100m            | 14.94    | 14.7    |
| 200m            | 31.04    | 30.8    |
| 400m            | 1:10.74  | 1:10.6  |
| 800m            | 2:53.00  | 2:53.0  |
| 1500m           | 5:51.00  | 5:51.0  |
| 1600m           | 6:15.00  | 6:15.0  |
| 1 Mile          | 6:17.00  | 6:17.0  |
| 1500m Walk      | 11:08.00 | 11:08.0 |
| 1 Mile Walk     | 11:58.00 | 11:58.0 |
| High Jump       | 1.05     | 3-5     |
| Long Jump       | 3.57     | 11-9    |
| Shot Put (6 lb) | 5.53     | 18-2    |
| 400m Relay      | 1:03.54  | 1:03.4  |
| 440y Relay      | 1:03.84  | 1:03.7  |
| 1600m Relay     | 5:35.00  | 5:35.0  |
| 1 Mile Relay    | 5:37.00  | 5:37.0  |
| Triathlon       | 663      |         |

\* See Terms & Conditions Revised 1/10/2001

**YA 2001**



**Mary Watters  
Millikin University  
1184 West Main Street  
Decatur, IL 62522**