2013

USA TRACK&FIELD™

Youth Guide

Cover Photo Provided by Smotherman Images
# USA Track & Field Youth Guide

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INTRODUCTION
February 2013

On behalf of USA Track & Field (USATF) and the National Youth Athletics Division, we bring you the 2013 edition of the USATF Youth Guide. As a Youth Committee member, Association administrator, or supporter of USATF, we hope this resource serves to inform and enhance your ability to work on behalf of USATF youth programs.

USATF youth programs continue to grow as a result of your ongoing hard work and dedication. Track and Field remains the #1 participatory sport among junior high and high school athletes. USATF youth numbers jumped to over 2300 youth clubs and over 70,000 youth athletes in 2012. We look forward to another outstanding year of youth participation as we head to Edwardsville, Illi., for the World Youth Track & Field Championships and USA Youth Outdoor Track & Field Championships, to Greensboro, N.C., for the National Junior Olympic Track & Field Championships and then to San Antonio, Texas for the National Junior Olympic Cross Country Championships.

Thank you for your continued dedication and support of USATF youth programs. In addition to the Youth Guide, the Youth Athletics Committee and the National Office liaisons (Arionne Allen and Dana Leenheer) are always here to provide support and answer questions.

Good luck during the upcoming season!

Warm regards,

Lionel Leach
National Youth Athletics Chair

Arionne Allen
Assoc. Dir. of Youth Programs
Mission Statement

MISSION STATEMENT:
USA Track & Field drives competitive excellence and popular engagement in our sport.

The backbone of USATF’s pursuit of excellence is its developmental youth programs -- grass roots outreach efforts shape the next generation of champions and maintain our status as the World’s #1 Track & Field Team. These grass roots efforts include:

USA Junior Outdoor Track & Field Championships: A national championship with entry based upon qualifying standards. This event serves as a qualifier for international competitions (e.g. World Junior Championships, Junior Pan American Championships) and annually attracts 1,000 athletes ages 14 through 19. The USA Cross Country Championships also has a Junior Division competition.

USATF National Junior Olympic Track & Field Championships: A national championship series consisting of preliminary meets, Association Championships, Regional Championships, and a National Championship. Athletes advance by place at the Regional Championships. This National Championship attracts more than 10,000 entries and nearly 8,000 competitors. USATF’s Junior Olympic Track & Field Series is the most visible developmental program in the world.

USA Youth Outdoor Track & Field Championships: A national championship with entry based upon achievement of performance guidelines per event. The USA Youth Outdoor T & F Championships is club-oriented, with team championships awarded in every age division. On average, the event attracts nearly 2,500 participants and is well attended by many of USATF’s more than 2,300 youth member-clubs each year.

USATF National Junior Olympic Cross Country Championships: Entry and advancement follows the model of the Junior Olympic Track & Field Program with a progression series of competitions leading to the National Championships. Individual and team trophies are awarded at the National Championships which annually attracts more than 2,500 athletes.

IAAF World Youth Championships: The 2013 IAAF World Youth Athletics Championships will take place in Donetsk, Ukraine on July 10-14, 2013. Since 1999, a World Youth Athletics Championship has been contested in odd years for athletes age 16-17. Selection to the World Youth Team will be based on performance at the 2013 World Youth Track & Field Trials to be held June 25-26, 2013 in Edwardsville, IL.

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To learn more about USA Track & Field and to view up-to-date information please visit

www.usatf.org
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### Junior Olympic Track & Field Calendar

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**USATF Calendar Rules:**
- No Association or Region may be scheduled that is in direct conflict with the Youth Athletics Championship Meet.
- IO meet to conclude on the "5th" Sunday in July (Week 11) which spills over to August in some years. (Effective 2003) No Region Meet may be scheduled after the Regional weekend (Week 8) - with the following exception. (Approved 2007)

*In years where the July 4th holiday falls within the four day weekend, the region may opt to move to Week 9. The Regional Coordinator MUST obtain the approval of the National Youth Chair.*
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**Junior Olympic Cross Country Calendar**

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**Junior Olympic Cross Country Calendar**

- TX: Texas
- CA: California
- WA: Washington
- OR: Oregon
- NV: Nevada
- NM: New Mexico

**Event Dates:**
- Oct 23 - Dec 30
- Jan 1 - Jan 2

**Weekday Schedule:**
- Week A, Week B, Week C, Week D, Week E, Week F, Week G, Week H

**Junior Olympic Cross Country Calendar**

- TX: Texas
- CA: California
- WA: Washington
- OR: Oregon
- NV: Nevada
- NM: New Mexico

**Event Dates:**
- Oct 23 - Dec 30
- Jan 1 - Jan 2

**Weekday Schedule:**
- Week A, Week B, Week C, Week D, Week E, Week F, Week G, Week H
Youth Athletics Executive Committee

Executive Chair
Lionel Leach
202 Maple Ave.
Irvington, NJ 07111
917-913-5505
lionel@youthusatf.org

Executive Vice Chair
Ron Mascareñas
PO Box 231
Vadito, NM 87579
505-550-9897
ronaldamascarenas@aol.com

Vice Chair of Operations
Sam Germany
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Immediate Past Youth Chair
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Midwest Zone Representative
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West Zone Representative
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Regional Coordinator Representative
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At-Large Delegates

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**ARTICLE 5-D-2 MEMBERS**

**NATIONAL COACHING ORGANIZATIONS**

**Ron Williams** – *National Youth Track Coaches Association*
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Regional Coordinators Description

Regional Coordinators must possess knowledge, integrity, and a sense of fair play. Regional Coordinators’ primary functions are those of service and information.

From time to time, a Regional Coordinator may be called upon to answer questions or even handle disputes, should they arise. Disputes that are not resolved by the Regional Coordinator can be presented to the Zonal Representative. If the dispute is still not resolved, the Zonal Representative will present the matter to the Youth Athletics Executive Committee for final resolution.

Duties of Regional Coordinators include (but are not limited to) the following:

1. Facilitate communication with member Associations to the benefit of all member clubs and athletes.
2. Manage situations that might be unique to the specific Region and affiliated Associations so long as they are in harmony with the National guidelines, rules and procedures.
3. Follow the USATF Rule Book. Requests for athlete waivers into the National competition must be presented to the Youth Executive Committee based on extraordinary circumstances for approval. Regional Coordinators cannot waive athletes into the National Championships.
4. Take responsibility for establishing the Regional Junior Olympic meet sites and assigning meet directors in cooperation with the Association Youth Chairs of the Region. Assure that the Regional meet will be conducted on or prior to the date established by the Youth Calendar Committee. This also requires that all necessary documentation, including a USATF Sanction Application and the USATF Awards & Bib Order Request Form, has been completed.
5. The Regional Coordinator shall establish and publish rotation policies for the Region in cooperation with the Association Youth Chairs of the Region. A change to rotation policies or site locations can only take place under extraordinary circumstances or conditions. The Association hosting the Regional Junior Olympic meet must provide the Regional Coordinator with a maximum four nights housing and four days per diem at $40.00 for track and field and two nights housing and two days per diem at $40.00 for cross country.
6. Establish a Regional schedule of events for the track in cooperation with the Association Youth Chairs of the Region. Review field events schedules which depend on facility make-up.
7. Verify that meet information flyers pertaining to the various competitions fully describe all necessary information, especially qualification criteria for all future subsequent competitions.
8. Serve as the Referee for the Regional Junior Olympic competition, if qualified, or appoint the Regional Junior Olympic Meet Referee(s) (requires certification as National or Master level official), Rule 300.3 (c). Establish the Youth Chairs or their designees as the Jury of Appeals.
9. Attend the Regional Championships to assist with meet management and ensure results/back-up files are forwarded to the National online entry system in a timely fashion for online declaration.
10. Attend the National Junior Olympic track and field and cross country meets to support the regional athletes and perform any duties assigned by the National Youth Chair.
11. Perform any and all duties that may be assigned by the National Youth Chair as needed.
REGIONAL COORDINATORS

Region 1
Adirondack, Connecticut, Long Island, Maine, New York, New England
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Region 2
Mid-Atlantic, New Jersey, Niagara, Three Rivers
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Region 3
North Carolina, Potomac Valley, Virginia
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Region 4
Florida, Georgia, South Carolina
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Region 5
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Region 6
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Region 7
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Region 8
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Regional Coordinators

**Region 9**
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**Region 10**
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**Region 11**
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**Region 12**
Gulf, Southwestern, South Texas, West Texas  
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**Region 13**
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**Region 15**
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**Region 16**
National Junior Olympic Championships Host Association, the Department of Defense  
Dependent Schools (DODDS) Europe and Pacific.
**ASSOCIATION YOUTH CHAIR DESCRIPTION**

Youth Chair is an elected position among most USATF Associations and responsibilities and duties may vary. Each youth chair must possess knowledge, integrity, and a sense of fair play. A youth chair’s primary functions are those of service and information.

From time to time, a youth chair may be called upon to answer questions or even handle disputes, should they arise. Disputes that are not resolved by the Youth Chair may be passed on to the Regional Coordinator, and then to the Zonal Representative. If the dispute is still not resolved, the Zonal Representative will present the matter to the Youth Athletics Executive Committee for final resolution.

Duties of Youth Chairs may include (but are not limited to) the following (consult your local Association for specific responsibilities):

1. Facilitate communication within the Association to the benefit of all member clubs and athletes.
2. Manage situations that might be unique to the specific Association so long as they are in harmony with the national guidelines, rules and procedures.
3. Follow the USATF Competition Rule Book. No other interpretations are allowed.
4. Work with other youth chairs within the region to establish the event rotation policies for the region.
5. Take responsibility for establishing the Association Junior Olympic meet sites and assigning meet directors, while adhering to the specific meet dates as reported each year by the Youth Calendar Committee. This also requires that all necessary documentation, including a USATF Sanction Application and the USATF Awards & Bib Order Request Form, has been completed.
6. Establish a schedule of events for the track meet. Review field events schedule, which depends on facility make up.
7. Verify that meet information flyers pertaining to the various competitions fully describe all necessary information, especially qualification criteria for all subsequent competitions.
8. Be prepared to serve on Jury of Appeals for your Regional meet.
9. Ensure that Association meet results/back-up files are forwarded to the Regional online entry system in a timely fashion for online declaration.
10. Attend the Regional meet to support the Association’s athletes and perform any duties assigned by the Regional Coordinator or meet director.
11. Perform any and all duties that may be assigned by the National Youth Chair as needed.
ASSOCIATION YOUTH CHAIRS & DESCRIPTION OF TERRITORIES

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Border – David Pearson
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**Gulf** – Felicia Love  
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**South Texas** – Gerald Smith & Steve McCannon  
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Association Youth Chairs & Description of Territories

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**Southwestern** – Toni Nichols
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**Three Rivers** – Oronde Sharif
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**Utah** – Tony Glover & Mark Oftedal (Cross Country)
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**Virginia** – Tony Vaughn  
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**West Texas** – Sharon Preece  
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lorilys@aol.com
2013

MEET RULES
PROCEDURES
STANDARDS
Notes
Junior Olympic Program

USATF JUNIOR OLYMPIC PROGRAM

Junior Olympic Track & Field
With roots tracing back to Ancient Greece, track and field is the centerpiece of the Olympic Games. From the 100 meter dash to the discus throw, athletes set new standards for excellence in sports. USATF's Junior Olympic Track & Field program is a wellspring of this excellence.

America's next generation of track and field stars compete throughout the summer. Nearly 9,000 of these athletes qualify for the USATF National Junior Olympic Track & Field Championships held during the last week of July. Entry for the national championship is based on athlete performances at preliminary, Association and Regional levels.

Advancement Process

- **Qualifying from Association Championships to Regional Championships**
  Per USATF Rule 305.1(d): "An Association is allocated, by agreement with other Associations in its Region, a certain number of athletes and relay teams from the Association level to the Regional level through the Association Championships."

- **Qualifying from Regional Championships to the National Championships**
  Per USATF 305.2 (d): “Track & Field shall advance five individuals and five relay teams from each Regional to National. These shall be the top five finishers in each event. The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship. The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships. The host Association shall qualify a like number."

Junior Olympic Cross Country

Cross country dates back to the turn of the 20th century as an Olympic Sport when it was contested as a team and individual event at the 1904, 1912, 1920 and 1924 Summer Games. The Olympic spirit is still alive in the sport today as thousands of youth athletes compete throughout the fall in USATF's Junior Olympic Cross Country program.

The Junior Olympic Cross Country program culminates each December when more than 2,500 youth cross country runners hit the course to compete in the USATF National Junior Olympic Cross Country Championships. Entry for the national championship is based on athlete performances at preliminary, Association and Regional levels.

Advancement

See USATF Competition Rule 305.3 for specific rules on qualifying for the National Championships. Generally, the first 20 individual finishers and first three teams in each age division at the Regional Championships will qualify for the National Championships. Athletes and teams from some Associations will qualify directly from their Association Championships as follows: top 10 individuals and 1st team in each age division. Contact your local association or regional meet director to learn more about how to qualify for the National Championships. Participant numbers are fixed and no alternate athletes may advance if qualifying athletes or teams choose not to enter the National Championships.
**Age Divisions**

All entry forms for the National Championships will be submitted through the online entry declaration process – entries cannot be accepted by any other method.

**AGE DIVISIONS**

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for *competition year 2013* are as follows:

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Year of Birth*</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 &amp; Under</td>
<td>2005 +</td>
</tr>
<tr>
<td>9 - 10</td>
<td>2003 – 2004</td>
</tr>
<tr>
<td>11 - 12</td>
<td>2001 – 2002</td>
</tr>
<tr>
<td>13 - 14</td>
<td>1999 – 2000</td>
</tr>
</tbody>
</table>

*Per USATF Competition Rules (300.1 b-d), Youth age divisions are determined by an athlete’s year of birth. The ages listed are a guideline for assessing approximate age at the time of competition.

**JUNIOR OLYMPIC AND USA YOUTH OUTDOOR CHAMPIONSHIPS MAXIMUM EVENT FEES**

<table>
<thead>
<tr>
<th>Competition Level</th>
<th>Individual Events</th>
<th>Relays</th>
<th>Dec/Hep</th>
<th>Triathlon, Pentathlon</th>
<th>Cross Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Association</td>
<td>$6.00</td>
<td>$24.00</td>
<td>$16.00</td>
<td>$10.00</td>
<td>$10.00</td>
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<tr>
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<td>$7.00</td>
<td>$28.00</td>
<td>$20.00</td>
<td>$15.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>National</td>
<td>$8.00</td>
<td>$32.00</td>
<td>$24.00</td>
<td>$20.00</td>
<td>$20.00</td>
</tr>
</tbody>
</table>

**DEVELOPMENTAL VS. PRELIMINARY MEETS**

A Junior Olympic Preliminary Meet is part of the Junior Olympic “progressional” program and as such, athletes must participate in a Preliminary Meet in order to advance to the Association Junior Olympic Championships. If the meet does NOT have any qualifying implications to the JO program it should be called an Association Developmental Meet.

Both types of events are eligible for free ribbons and the reduced sanction fee of $50.00.
**JUNIOR OLYMPIC COMBINED EVENTS**

**PERFORMANCE STANDARDS**

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 – 10 boys</td>
<td>629</td>
</tr>
<tr>
<td>11 – 12 boys</td>
<td>1995</td>
</tr>
<tr>
<td>13 – 14 boys</td>
<td>2481</td>
</tr>
<tr>
<td>15 – 16 boys</td>
<td>5088</td>
</tr>
<tr>
<td>17 – 18 men</td>
<td>5891</td>
</tr>
<tr>
<td>9 – 10 girls</td>
<td>932</td>
</tr>
<tr>
<td>11 – 12 girls</td>
<td>2339</td>
</tr>
<tr>
<td>13 – 14 girls</td>
<td>2692</td>
</tr>
<tr>
<td>15 – 16 girls</td>
<td>3714</td>
</tr>
<tr>
<td>17 – 18 women</td>
<td>4268</td>
</tr>
</tbody>
</table>
USA YOUTH OUTDOOR CHAMPIONSHIPS

The USA Youth Outdoor Track & Field Championships is more than competition--it is also about having fun! Whether these young athletes achieve a personal best, win a medal, or earn a shot at international competition, they will experience a first-class competition and have the opportunity to make new friends--and a lifetime of memories!

This championship event is a national competition with entry based upon performance guidelines for each event and has the same age divisions as the USATF Junior Olympic program. The USA Youth Outdoor Championships is also scored for team championships in all age divisions, for both boys and girls, and is a popular competition for clubs around the country.

ELIGIBILITY REQUIREMENTS

- Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the Rule 300.1(g) for more information and exceptions.
- The competition will be conducted in the following six age divisions:
  8 & Under
  9 - 10
  11 - 12
  13 - 14
  15 - 16
  17 - 18

* Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championship.

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the Young Men's and Young Women's divisions through that meet. This extended eligibility does not apply to cross country events.

- A competitor must compete in his/her age division only. “Moving Up” in age division will not be allowed for any event, including relays. Competitors in the 8 & under, 9-10 and 11-12 divisions may compete in a maximum of three events, including relays. Competitors in the 13-14, 15-16, and 17-18 divisions may compete in a maximum of four events, including relays. Combined events are not included in the event count.
- All athletes must be 2013 members of USATF in good standing. USATF memberships may be purchased online, through your local Association Office, or by calling the USATF National Office at 317-261-0500.
- All clubs must be 2013 USATF member organizations.
- All relay team members must be members of the same club, which must also be registered with the club's local USATF Association for 2013.
PERFORMANCE GUIDELINES

1. All performances for running events must be made on a standard indoor or 400m outdoor track.
2. Marks must be made and verifiable in a competition with at least five athletes competing in the given event.
3. All marks must be attained on or after Monday, July 2, 2012 through the meet's entry deadline.
4. Times shown are Fully Automatic Timing (F.A.T.) times. A manual time may also be used for qualifying. Qualifying manual times are always the F.A.T. qualifying time minus the last zero for events 800m and longer, the F.A.T time minus 0.14 for events 300m-400m, and the F.A.T time minus 0.24 for events 200m and shorter.
5. Times submitted in hundredths of a second must be F.A.T. times. Hand times must be rounded up to the next tenth of a second.
6. Composite scores may be computed for combined events using point scores for the athlete's best performance in each individual event during the qualifying window.
7. Imperial conversions for metric field event marks can be computed using the field event mark conversion calculator: www.usatf.org/statistics/calculator.
8. For questions concerning performance standards, call John Martin at 631-928-6056 or email ijcoach@optonline.net. Leave your name and phone number, and clearly state your question.

**Performance guidelines are suggestions for being competitive in the championships (i.e. place top 8 in the finals). Athletes who have not achieved a guideline may enter the event with a different mark or enter NM (No Mark) or NT (No Time). **
# 2013 Youth Outdoor Performance Guidelines

## Boys

### 8 & Under Boys (born 2005+)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>16.02</td>
</tr>
<tr>
<td>200m</td>
<td>34.15</td>
</tr>
<tr>
<td>400m</td>
<td>1:20.97</td>
</tr>
<tr>
<td>800m</td>
<td>3:20.08</td>
</tr>
<tr>
<td>1500m</td>
<td>6:49.77</td>
</tr>
<tr>
<td>Long Jump</td>
<td>2.78 m</td>
</tr>
<tr>
<td>Shot Put (2kg.)</td>
<td>2.99 m</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>9.42 m</td>
</tr>
<tr>
<td>4x100m</td>
<td>1:13.01</td>
</tr>
<tr>
<td>4x400m</td>
<td>6:05.15</td>
</tr>
</tbody>
</table>

### 9-10 Boys (born 2003-04)

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<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
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</tr>
<tr>
<td>200m</td>
<td>29.75</td>
</tr>
<tr>
<td>400m</td>
<td>1:08.20</td>
</tr>
<tr>
<td>800m</td>
<td>2:41.82</td>
</tr>
<tr>
<td>1500m</td>
<td>5:31.04</td>
</tr>
<tr>
<td>1600m</td>
<td>5:53.55</td>
</tr>
<tr>
<td>1500m Race Walk</td>
<td>11:40.96</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.10 m</td>
</tr>
<tr>
<td>Long Jump</td>
<td>3.77 m</td>
</tr>
<tr>
<td>Shot Put (6 lb.)</td>
<td>6.27 m</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>20.19 m</td>
</tr>
<tr>
<td>4x100m</td>
<td>1:01.91</td>
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<tr>
<td>4x400m</td>
<td>5:13.53</td>
</tr>
<tr>
<td>Triathlon</td>
<td>313</td>
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</table>

### 11-12 Boys (born 2001-02)

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<thead>
<tr>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>13.37</td>
</tr>
<tr>
<td>200m</td>
<td>27.54</td>
</tr>
<tr>
<td>400m</td>
<td>1:03.68</td>
</tr>
<tr>
<td>800m</td>
<td>2:27.75</td>
</tr>
<tr>
<td>1500m</td>
<td>5:02.48</td>
</tr>
<tr>
<td>1600m</td>
<td>5:23.05</td>
</tr>
<tr>
<td>3000m</td>
<td>10:58.80</td>
</tr>
<tr>
<td>3200m</td>
<td>11:43.60</td>
</tr>
<tr>
<td>1500m Race Walk</td>
<td>10:33.38</td>
</tr>
<tr>
<td>80m Hurdles (30&quot;)</td>
<td>15.39</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.30 m</td>
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<tr>
<td>Long Jump</td>
<td>4.36 m</td>
</tr>
<tr>
<td>Shot Put (6 lb.)</td>
<td>9.11 m</td>
</tr>
<tr>
<td>Discus Throw (1 kg)</td>
<td>19.32 m</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>26.25 m</td>
</tr>
<tr>
<td>4x100m</td>
<td>55.08</td>
</tr>
<tr>
<td>4x400m</td>
<td>4:35.16</td>
</tr>
<tr>
<td>4x800m</td>
<td>11:17.70</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>1410</td>
</tr>
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</table>

### 13-14 Boys (born 1999-2000)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>12.09</td>
</tr>
<tr>
<td>200m</td>
<td>24.35</td>
</tr>
<tr>
<td>400m</td>
<td>1:11.60</td>
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<tr>
<td>800m</td>
<td>2:11.07</td>
</tr>
<tr>
<td>1500m</td>
<td>4:31.07</td>
</tr>
<tr>
<td>Long Jump</td>
<td>4:49.50</td>
</tr>
<tr>
<td>Shot Put (2kg.)</td>
<td>10:04.31</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>10:45.40</td>
</tr>
<tr>
<td>4x100m</td>
<td>1:13.01</td>
</tr>
<tr>
<td>4x400m</td>
<td>6:05.15</td>
</tr>
<tr>
<td>100m Hurdles (33&quot;)</td>
<td>16.78</td>
</tr>
<tr>
<td>200m Hurdles (30&quot;)</td>
<td>28.78</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.55 m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>2.55 m</td>
</tr>
<tr>
<td>Long Jump</td>
<td>5.24 m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>9.85 m</td>
</tr>
<tr>
<td>Shot Put (4 kg)</td>
<td>11.21 m</td>
</tr>
<tr>
<td>Discus Throw (1kg)</td>
<td>32.39 m</td>
</tr>
<tr>
<td>Javelin Throw (600 g)</td>
<td>30.93 m</td>
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<tr>
<td>4x100m</td>
<td>50.00</td>
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<tr>
<td>4x400m</td>
<td>10:01.84</td>
</tr>
<tr>
<td>4x800m</td>
<td>1759</td>
</tr>
<tr>
<td>Pentathlon</td>
<td>19-02.69</td>
</tr>
</tbody>
</table>
| 15-16 Boys (born 1997-98)

### 17-18 Men (born 1995-96)*

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.25</td>
</tr>
<tr>
<td>200m</td>
<td>22.36</td>
</tr>
<tr>
<td>400m</td>
<td>50.10</td>
</tr>
<tr>
<td>800m</td>
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<td>4:31.15</td>
</tr>
<tr>
<td>Shot Put (2kg.)</td>
<td>10:10.22</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
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</tr>
<tr>
<td>4x100m</td>
<td>21:49.46</td>
</tr>
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<td>28:78</td>
</tr>
<tr>
<td>100m Hurdles (33&quot;)</td>
<td>16.78</td>
</tr>
<tr>
<td>200m Hurdles (30&quot;)</td>
<td>28.78</td>
</tr>
<tr>
<td>110m Hurdles (39&quot;)</td>
<td>15.30</td>
</tr>
<tr>
<td>400m Hurdles (36&quot;)</td>
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</tr>
<tr>
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<td>43.32</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.80 m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.10 m</td>
</tr>
<tr>
<td>Long Jump</td>
<td>6.49 m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>13.02 m</td>
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<tr>
<td>Shot Put (12 lb.)</td>
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<tr>
<td>Discus Throw (1.6 kg)</td>
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<tr>
<td>4x100m</td>
<td>44.07</td>
</tr>
<tr>
<td>4x400m</td>
<td>3:34.27</td>
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<tr>
<td>4x800m</td>
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<tr>
<td>Decathlon</td>
<td>4072</td>
</tr>
</tbody>
</table>

*1994 if born on or after July 29

## Revised December 2012

- High Jump: 1.70 m
- Pole Vault: 3.55 m
- Long Jump: 5.79 m
- Triple Jump: 11.53 m
- Shot Put (12 lb.): 12.56 m
- Discus Throw (1.6 kg): 38.17 m
- Hammer Throw (12 lb.): 32.92 m
- Javelin Throw (800 g): 37.48 m
- 4x100m: 45.54 m
- 4x400m: 3:42.83 m
- 4x800m: 9:01.69 m
- Decathlon: 4009 m
### 2013 Youth Outdoor Performance Guidelines

#### GIRLS

**8 & Under Girls** (born 2005+)
- 100m: 16.33
- 200m: 37.13
- 400m: 1:23.89
- 800m: 3:26.96
- 1500m: 7:35.54
- Long Jump: 2.22 m
- Shot Put (2 kg.): 2.71 m
- Mini Javelin Throw: 6.40 m
- 4x100m: 1:14.63
- 4x400m: 6:07.42

**9-10 Girls** (born 2003-04)
- 100m: 14.75
- 200m: 30.60
- 400m: 1:10.31
- 800m: 2:48.71
- 1500m: 5:48.36
- 1600m: 6:12.05
- 1500m Race Walk: 11:31.18
- High Jump: 1.10 m
- Long Jump: 3.46 m
- Shot Put (6 lb.): 5.41 m
- Mini Javelin Throw: 11.64 m
- 4x100m: 1:02.98
- 4x400m: 5:22.50
- Triathlon: 517

**11-12 Girls** (born 2001-02)
- 100m: 13.58
- 200m: 27.70
- 400m: 1:04.76
- 800m: 2:37.47
- 1500m: 5:14.27
- 1600m: 5:35.64
- 3000m: 11:47.80
- 3200m: 12:35.93
- 1500m Race Walk: 10:59.31
- 80m Hurdles (30") : 15.12
- High Jump: 1.30 m
- Long Jump: 4.16 m
- Shot Put (6 lb.): 7.76 m
- Discus Throw (1 kg): 15.34 m
- Mini Javelin Throw: 16.81 m
- 4x100m: 56.53
- 4x400m: 4:41.53
- 4x800m: 11:29.41
- Pentathlon: 1736

**13-14 Girls** (born 1999-2000)
- 100m: 12.91
- 200m: 26.14
- 400m: 1:01.18
- 800m: 2:27.00
- 1500m: 5:01.28
- 1600m: 5:21.77
- 3000m: 11:11.51
- 3200m: 11:57.20
- 3000m Race Walk: 21:19.49
- 100m Hurdles (33") : 16.48
- 200m Hurdles (30") : 30.57
- High Jump: 1.40 m
- Pole Vault: 2.15 m
- Long Jump: 4.63 m
- Triple Jump: 9.15 m
- Shot Put (6 lb.): 10.59 m
- Shot Put (4 kg): 8.55 m
- Discus Throw (1 kg): 25.50 m
- Javelin Throw (600 g): 23.13 m
- 4x100m: 4:28.81
- 4x800m: 10:58.05
- Pentathlon: 2054

**15-16 Girls** (born 1997-98)
- 100m: 12.59
- 200m: 25.63
- 400m: 58.47
- 800m: 2:26.67
- 1500m: 5:00.73
- 1600m: 5:21.18
- 3000m: 11:17.13
- 3200m: 12:03.17
- 3000m Race Walk: 21:37.20
- 100m Hurdles (33") : 15.93
- 400m Hurdles (30") : 1:10.96
- 300m Hurdles (30") : 51.16
- 2000m Steeplechase: 9:30.70
- High Jump: 1.45 m
- Pole Vault: 2.45 m
- Long Jump: 4.96 m
- Triple Jump: 10.00 m
- Shot Put (4 kg): 9.82 m
- Discus Throw (1 kg): 30.95 m
- Hammer Throw (4 kg): 20.98 m
- Javelin Throw (600 g): 25.41 m
- 4x100m: 50.71
- 4x400m: 4:13.89
- 4x800m: 10:45.14
- Heptathlon: 3030

**17-18 Women** (born 1995-96)
- 100m: 12.59
- 200m: 25.65
- 400m: 58.56
- 800m: 02:25.73
- 1500m: 05:10.59
- 1600m: 05:31.71
- 3000m: 12:06.80
- 3200m: 12:56.22
- 3000m Race Walk: 21:04.86
- 100m Hurdles (33") : 15.49
- 400m Hurdles (30") : 01:08.29
- High Jump: 1.40 m
- Pole Vault: 2.15 m
- Long Jump: 4.63 m
- Triple Jump: 9.15 m
- Shot Put (6 lb.): 10.59 m
- Shot Put (4 kg): 8.55 m
- Discus Throw (1 kg): 25.50 m
- Javelin Throw (600 g): 23.13 m
- 4x100m: 4:28.81
- 4x800m: 10:58.05
- Pentathlon: 2054
- 4x400m: 04:10.50
- 4x800m: 10:34.71
- Heptathlon: 3012

*1994 if born on or after July 29

### Revised December 2012

- 100m: 12.59
- 200m: 25.65
- 400m: 58.56
- 800m: 02:25.73
- 1500m: 05:10.59
- 1600m: 05:31.71
- 3000m: 12:06.80
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- 4x100m: 4:28.81
- 4x800m: 10:58.05
- Pentathlon: 2054
- 4x400m: 04:10.50
- 4x800m: 10:34.71
- Heptathlon: 3012
YOUTH ATHLETICS PROCEDURES

YA PROCEDURE 100: ENTRY INFORMATION PROCEDURES FOR THE JUNIOR OLYMPIC PROGRAM

(per Rule 305.4)

1. USA Track & Field uses online registration for entry and advancement through the Junior Olympic Program. All entries including relays for Track & Field or teams for Cross Country must use this entry method at the first round of entry, either a preliminary meet or an Association Meet. Once this entry is processed, advancements will pass on to the next level of competition and athletes, Relays and Cross Country Teams must declare their participation online.

(a) Online Registration for each individual athlete requires the following:

   (i) USATF Membership Number and Club Number.

   (ii) Complete and submit the Participant Waiver & Release Form and turn into meet management at the first level of competition.

   (iii) Per USATF Rule 300 (i), verification of birth based on a copy of birth certificate, certified baptismal record, driver’s license, passport or U.S. government identification sent to the athlete’s Association membership chair to verify birth in the local Association membership database.

   (iv) Payment of entry fees at the time of registration unless otherwise stated in the meet information. Online entry accepts VISA, MasterCard, Discover or electronic check.

(b) In track and field, Relay Entry/Advancement requires the following:

   (i) Registration as a USATF Member Club.

   (ii) Selecting athletes of the same age division and sex.

   Refer to Youth Athletics Procedure 103, Junior Olympic Relay Procedures, for detailed requirements of relay entry.
(c) In cross country, Team Entry/Advancement requires the following:

(i) Registration as a USATF Member Club.

(ii) Selecting athletes of the same age division and sex.

Refer to Competition Rule 305.3 for detailed entry procedures.

2. Advancements will be handled electronically via the Online Entry System. Association Youth Chairs and/or Regional Coordinators are responsible for sending advancement files to the next level of competition.

3. Preliminary meet directors shall forward a backup file of their complete results to their Association Youth Chair or Designee no later than 24 hours after the conclusion of the meet with instruction on the number of top place finishers who should be advanced in each event.

4. Association Youth Chairs shall forward a backup file of their complete results to their Regional Coordinators no later than 24 hours after the conclusion of the meet.

5. Regional Coordinators shall forward a backup file of their complete results to Henry McCallum at hmcca77@verizon.net no later 24 hours after the conclusion of the meet.
Youth Athletics Procedures

**YA PROCEDURE 101: AWARDS (PER RULE 305.4)**

1. USATF will furnish awards for all recognized USATF Junior Olympic competitions. Awards will be furnished only if the following documents have been submitted to the National Office at least 21 days prior to the competition:
   
a. Meet Information Flyer (this flyer must include the list of events by age group and the location, date and time of competition)

   b. Copy of Official USATF Sanction

   c. Junior Olympic Award request application

   **NOTE:** Items b and c are also available from USATF Associations.

2. USATF Junior Olympics awards are provided free at no cost as follows:

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Track &amp; Field</th>
<th>Combined Events</th>
<th>Cross Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developmental meets</td>
<td>top 6 ribbons</td>
<td>top 6 ribbons</td>
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<tr>
<td>Preliminary meets</td>
<td>top 6 ribbons</td>
<td>top 6 ribbons</td>
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<tr>
<td>Association meets</td>
<td>top 3 medals</td>
<td>top 3 medals</td>
<td>top 15 medals</td>
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<tr>
<td>Regional meets</td>
<td>top 5 medals</td>
<td>top 5 medals</td>
<td>top 30 medals</td>
</tr>
<tr>
<td>National Championships</td>
<td>top 8 medals</td>
<td>top 8 medals</td>
<td>top 25 medals</td>
</tr>
</tbody>
</table>

3. Additional awards may be purchased from USATF.
YA PROCEDURE 102: USA YOUTH OUTDOOR CHAMPIONSHIPS RELAY PROCEDURES

1. In order to enter a relay on-line in the USA Youth Outdoor Championships, all athletes must be USATF members and designated with a USATF Club Number in the USATF Membership Database. Participation of relay teams shall be limited to those clubs that hold a current USATF club membership prior to the on-line registration deadline of the Championships. Any athlete listed in the USATF Membership Database with a club designated in the same division/sex is eligible to run on a relay team of that club.

Reminder: A club must be registered and approved through their local Association before it can be processed at the USATF National Office and placed in the USATF Membership Database. This process takes a minimum of one week.

2. To change club affiliation in the USATF Membership Database, the parent/guardian must contact the association membership chair per the procedures outlined in Regulation 4 prior to on-line registration of the relay.

3. When registering on-line, select a relay - 4x100, 4x400, or 4x800 - age division and sex.
   a. A club’s team roster will appear in alphabetical order on the screen.
   b. Select a minimum of four (4) or a maximum of six (6) athletes for the relay.
   c. 8 & Under Age Group – Athletes must be 7 by December 31st of the current year to participate in the National Championship in both individual events and relays.

Note: The on-line system prevents selecting an athlete from the wrong age group.

4. When registering an athlete in the meet as “roster” but he/she is not one of the six athletes entered on the relay and is not in any individual events, then, enter the athlete in the event called “other” (relay roster only) for the cost of one (1) individual event. This athlete will then be eligible to run on any relay.

5. When the club’s relay team checks in at the clerking area, four athletes must be present to check in to be eligible to run. To change composition of the team, any athlete not listed on the heat sheet, can be substituted by the clerk provided he/she has a competitor number listing him/her with the club in the right division/sex provided he/she does not exceed the eligible number of events.
   a. An athlete may drop an event to compete on a relay team as long as he/she has not competed in any round of that event. A “no show” in an event does not constitute a drop in an event. A change form must be submitted at registration 1 ½ hours prior to the event to be dropped.
   b. If an athlete is listed in the USATF Membership Database with a club and is
Youth Athletics Procedures

needed to run, but is not registered in the meet, he/she can be entered in relay “other” (relay roster only) and issued a competition number provided he/she pays the late fee listed in the meet information.

6. Per USATF Rule 302.3(d), all participants shall wear a top of a same color as well as shorts of a same color at the National Championships. The Games Committee shall assign an individual to review colors of team uniforms in the clerking area.
YA PROCEDURE 103: JUNIOR OLYMPIC RELAY PROCEDURES

1. To enter a relay in the Junior Olympic Program, a club coach or administrator must enter the relay online.
   a. In order for an athlete to be eligible on a club roster, he/she MUST be a member of USATF and MUST have the club number listed on his/her membership in the USATF Membership Database. Each club must be a current USATF registered club.
   b. Coaches are encouraged to select every eligible athlete in the same division and sex of the club (whether participating in this relay or not) on the roster.
      Note: There must be a minimum of four athletes in the same age division and sex to submit a Relay Roster.
   c. Copy the completed relay roster for each age division and sex and enter one roster for each event:
      - 4x100  A, B, C, etc.
      - 4x400  A, B, C, etc.
      - 4x800  A, B, C, etc.

2. The relay must be entered at the first round of competition by the entry deadline of the meet as specified in the entry material whether the preliminary or the association meet. Once the team is entered at the first level, no additions or alterations can be made.

3. To declare a relay team into the meet, a club or coach administrator must do the following:
   a. Declare online during the official entry period and pay the applicable entry fees.
   b. 8 & Under Age Group – Athletes must be 7 by December 31st of the current year to participate in the National Championship. If a relay qualifies for the National Championship, each athlete on the team must be at least 7 in order to declare.
   c. When the club’s relay team checks in at the event clerking area, four (4) athletes must be present to run. To change the composition of the team, any athlete can be substituted provided the athlete has a competitor number and is listed on the club’s relay roster. To drop an event, a change form must be submitted at registration 1 ½ hours prior to the scheduled start of the event being dropped.
      Note: The substituted athlete may not exceed the maximum number of events he/she is allowed to compete in at the meet per Rule 300.1(f).

4. To advance a Relay team to the next level of competition, a club’s relay must compete and qualify at the current level. The makeup of the relay need not be the same throughout the rounds or various levels of competition as long as the athletes are listed on the original relay roster submitted at the first level.
YA PROCEDURES 104:
HY-TEK ENTRY FOR JUNIOR OLYMPICS

1. The following are instructions for Entry Input into Hy-Tek 3.0 or the most current version of Hy-Tek Meet Manager. All Associations must use the most current version of Hy-Tek.

2. A meet template will be sent to the Regional Coordinators by the USATF Regional Coordinator Representative. This meet set-up file must be sent to the Association Youth Chair by the Regional Coordinator. This file should be forwarded to the individual assigned to input the entries for the meet. The file is set up for the national meet; it is the meet manager and/or timing company’s responsibility to change the set-up (entry fees, rounds & sessions) to the format used for the preliminary, association and/or regional championship meet as needed.

3. Save this file (template) to a memorable location on your computer for future access. YOU CANNOT SIMPLY OPEN THIS FILE. THIS FILE CAN ONLY BE RESTORED IN HY-TEK. RESTORE TEMPLATE in Hy-Tek
   a. Change meet “Name 2” to the name of YOUR meet. Do not change “Name 1.”
   b. Change date to the date(s) of YOUR competition.
   c. Change fees to YOUR applicable fees.
   d. DO NOT change event names of numbers

4. Go to the Administrative Utility sent to you from Coach O. Go to Meet Entries. Select Meet entries in Hy-Tek format.
   a. Save this downloaded file in a folder (remember where you saved this file).
   b. Go to Hy-Tek; Select FILE; Select IMPORT; Select SEMI-COLON Delimited Rosters/Entries (It will ask you, “Where is file located?"
   c. Select the File you saved from Utilities, double click, entries will now be imported into Hy-Tek Template.
   d. Make sure the RECORDS (athletes/entries) that were imported are the same number of RECORDS (athletes/entries) that were downloaded.

5. The meet file should now be ready.
   a. DO NOT ADD TEAMS.
   b. Seed the meet, if necessary, according to your meet schedule.
**HOW TO RESOLVE A CONFLICT**

Most conflicts can be resolved at the Association level. If you have a conflict, please first contact your Youth Chair (see page 16). Second, please notify your Regional Coordinator (see Page 12). In cases where the first two communications are unsuccessful, please contact your Zonal Representative (see page 9). If further assistance is still needed, contact the Youth Executive Committee (See page 9).
USA Track & Field is comprised of 57 Associations that cover the full geographic territory of the United States. For additional local Association information, log onto www.usatf.org.

(Reference page 16 for your local Association Youth Chair)
**YOUTH ATHLETICS REGIONS**

<table>
<thead>
<tr>
<th>Region 1</th>
<th>Region 6</th>
<th>Region 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adirondack</td>
<td>Alabama</td>
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<tr>
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<tr>
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<th>Region 13</th>
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<tbody>
<tr>
<td>North Carolina</td>
<td>Dakota</td>
<td>Alaska *</td>
</tr>
<tr>
<td>Potomac Valley</td>
<td>Iowa</td>
<td>Inland Northwest</td>
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<td>Virginia</td>
<td>Minnesota</td>
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<td>Nebraska</td>
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<th>Region 15</th>
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<td>San Diego-Imperial</td>
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<td>Ohio</td>
<td>New Mexico</td>
<td>Southern California</td>
</tr>
<tr>
<td>West Virginia</td>
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</tr>
</tbody>
</table>

*Note:* Alaska and Hawaii are assigned to Regions 13 and 15, respectively, for administrative purposes only and both may qualify athletes directly to National Junior Olympic competitions because of their geographic location. Advancement of athletes must be processed through the appropriate Regional Coordinator.
## Youth Athletics Zones

### Northeast Zone
**Regions Covered:** 1 & 2
- Adirondack
- Connecticut
- Long Island
- Maine
- New York
- Mid-Atlantic
- New England
- New Jersey
- Niagara
- Three Rivers

### South Zone
**Regions Covered:** 3, 4, 6, 12
- Alabama
- Florida
- Georgia
- Gulf
- North Carolina
- Potomac Valley
- South Carolina
- South Texas
- Southern
- Southwestern
- Tennessee
- Virginia
- West Texas

### Midwest Zone
**Regions Covered:** 5, 7, 8, 9
- Arkansas
- Dakotas
- Illinois
- Indiana
- Iowa
- Kentucky
- Lake Erie
- Michigan
- Minnesota
- Missouri Valley
- Nebraska
- Ohio
- Oklahoma
- Ozark
- West Virginia
- Wisconsin

### West Zone
**Regions Covered:** 10, 11, 13, 14, 15
- Alaska
- Arizona
- Border
- Central California
- Colorado
- Hawaii
- Inland Northwest
- Montana
- Nevada
- New Mexico
- Oregon
- Pacific
- Pacific Northwest
- San Diego-Imperial
- Snake River
- Southern California
- Utah
- Wyoming
ASSOCIATION WEBSITES

*The most up-to-date information for Association /Region Championships dates and locations can be found at:
http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp, by contacting your respective Association Youth Chairman, or by visiting your Association Website.

Adirondack
www.usatfadir.org

Alabama
www.alausatf.com

Alaska
www.usatf.org/assoc/ak/

Arizona
www.usatf.org/assoc/az/

Arkansas
www.usatf-ar.org

Border
www.usatf.org/assoc/border/

Central California
central-california.usatf.org

Colorado
www.usatf-oregon.org

Connecticut
www.usatf-ct.org

Dakotas
dakotas.usatf.org

Florida
florida.usatf.org

Georgia
www.usatfga.org

Gulf
www.usatfgulf.com

Hawaii
www.usatfhi.org

Illinois
www.usatfillinois.org

Indiana
www.inusatf.org

Inland Northwest
sites.google.com/site/inlandnwtrackandfield

Iowa
www.usatf-iowa.org

Kentucky
www.kentucky.usatf.org

Lake Erie
www.lakeerie.org

Long Island
long-island.usatf.org

Maine
www.meusatf.org

Michigan
michigan.usatf.org

Mid-Atlantic
www.mausatf.org

Minnesota
www.usatfmn.org

Missouri Valley
www.usatf.org/assoc/mv/

Montana
www.mtusatf.org

Nevada
www.nebraskausatf.org

Nevada
www.nevada.usatf.org
**Association Championships**

**New England**
www.usatfne.org

**New Jersey**
www.usatfnj.org

**New Mexico**
www.usatfnm.org

**New York**
www.newyork.usatf.org

**Niagara**
www.usatf-niagara.org

**North Carolina**
www.ncusatf.org

**Ohio**
www.usatf.org/assoc/oh/

**Oklahoma**
www.usatf.org/assoc/ok/

**Oregon**
www.usatf-oregon.org

**Ozark**
www.usatf.org/assoc/ozark/

**Pacific**
www.pausatf.org

**Pacific Northwest**
www.pntf.org

**Potomac Valley**
www.usatf.org/assoc/pva/

**San Diego-Imperial**
www.sdusatf.org

**Snake River**
www.usatf.org/assoc/sr/

**South Carolina**
www.scusatf.org

**South Texas**
southtexas.usatf.org

**Southern**
www.usatfsouthern.org

**Southern California**
www.scausatf.org

**Southwestern**
www.swusatf.org

**Tennessee**
www.usatftn.org

**Three Rivers**
www.usatf-threerivers.org

**Utah**
www.utah.usatf.org

**Virginia**
www.virginia.usatf.org

**West Texas**
www.usatfwesttexas.com

**West Virginia**
www.leaguelineup.com/welcome.asp?url=wvusatf

**Wisconsin**
www.wiusatf.org

**Wyoming**
www.usatf.org

Areas holding mandatory preliminary meets for advancement to Association Championships. Please check your association website or contact your youth chair for complete details and participation requirements.

Please contact your Regional Coordinator (page 14) for confirmation on Regional Meet dates and locations.
# NATIONAL RECORDS

## BOYS

### 8 & Under Boys

<table>
<thead>
<tr>
<th>Event</th>
<th>Performance</th>
<th>Date</th>
<th>Name – Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Meter Dash</td>
<td>13.69</td>
<td>7/31/2011</td>
<td>Nolan Hickman – Wichita, KS</td>
</tr>
<tr>
<td>200 Meter Dash</td>
<td>28.20</td>
<td>6/30/2012</td>
<td>Kendrick Law – Arlington, TX</td>
</tr>
<tr>
<td>400 Meter Dash</td>
<td>1:05.84</td>
<td>7/27/2012</td>
<td>Thomas Williams – Baltimore, MD</td>
</tr>
<tr>
<td>800 Meter Run</td>
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<td>6/10/2012</td>
<td>Elijah Porras – Cerritos, CA</td>
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<td>5:18.52</td>
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<td>Elijah Porras – Cerritos, CA</td>
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<tr>
<td>4x400 Meter Relay</td>
<td>4:52.00</td>
<td>7/29/2012</td>
<td>Carolina Elite – Baltimore, MD</td>
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<td>Long Jump</td>
<td>4.46m</td>
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<td>Kendrick Law – Baltimore, MD</td>
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<td>Shot Put 2 kg,</td>
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<td>6/22/2012</td>
<td>Maalik Murphy – Cerritos, CA</td>
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<tr>
<td>Javelin Throw 300g</td>
<td>33.29m</td>
<td>7/25/2012</td>
<td>Maalik Murphy – Cerritos, CA</td>
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### 9-10 Boys

<table>
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<tr>
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<tr>
<td>100 Meter Dash</td>
<td>11.69</td>
<td>6/05/2008</td>
<td>Darian Trout – Omaha, NE</td>
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<td>200 Meter Dash</td>
<td>25.83</td>
<td>8/2/2003</td>
<td>Rannell Hall – Miami, FL</td>
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<tr>
<td>400 Meter Dash</td>
<td>58.45</td>
<td>6/23/2012</td>
<td>James Smith – Cerritos, CA</td>
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<tr>
<td>800 Meter Run</td>
<td>2:19.00</td>
<td>5/20/1989</td>
<td>William Obea Moore – Santa Ana, CA</td>
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<td>1500 Meter Run</td>
<td>4:43.70</td>
<td>7/31/2005</td>
<td>Robert Amick – Indianapolis, IN</td>
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<td>1500 Meter Race Walk</td>
<td>7:13.01</td>
<td>7/2/1992</td>
<td>Tristan Ruoss – Auburn, AL</td>
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<td>Metro Dade – Miami, FL</td>
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<td>13.40m</td>
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<td>Armand Shyne – Fair Oaks, CA</td>
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### 11-12 Boys

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<td>8/1/2009</td>
<td>Bryce Love – Greensboro, NC</td>
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<td>7/29/2001</td>
<td>Reginald Warren – Sacramento, CA</td>
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<td>4:22.05</td>
<td>7/29/2012</td>
<td>Coleman Mitchell – Baltimore, MD</td>
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<td>9:38.52</td>
<td>8/1/1998</td>
<td>Chris Dominic – Seattle, WA</td>
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<td>Tristin Ruoss – Knoxville, TN</td>
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<td>7/27/1997</td>
<td>Kenny Lambe – Baton Rouge, LA</td>
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<td>4x100 Meter Relay</td>
<td>47.54</td>
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<td>Dallas Blaze – Arlington, TX</td>
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<td>Sean Lee – Baltimore, MD</td>
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<td>Long Jump</td>
<td>5.92m</td>
<td>1/1/1974</td>
<td>Anthony Gibson</td>
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<td>16.36m</td>
<td>8/1/2010</td>
<td>Elijah Zoucha – Sacramento, CA</td>
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<td>Discus Throw 1kg</td>
<td>48.65m</td>
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<td>Michael Stubblefield – Pleasant Hill, CA</td>
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<td>Javelin Throw 300g</td>
<td>54.53m</td>
<td>7/21/2006</td>
<td>Aaron Potter – Eugene, OR</td>
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<td>Outdoor Pentathlon (new)</td>
<td>2854</td>
<td>6/24/2012</td>
<td>Jaiden Woodbey – Baltimore, MD</td>
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<td>7/92/1992</td>
<td>Bradley Rupis – Walnut, CA</td>
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### 13-14 Boys

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<td>10.73</td>
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<td>Bryce Love – Hoschton, GA</td>
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<td>21.83</td>
<td>7/10/2011</td>
<td>Bryce Love – Hoschton, GA</td>
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<tr>
<td>400 Meter Dash</td>
<td>47.16</td>
<td>8/1/1993</td>
<td>William Obea Moore – Baton Rouge, LA</td>
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<td>800 Meter Run</td>
<td>1:56.36</td>
<td>7/21/2001</td>
<td>Cody Harper – Sacramento, CA</td>
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<td>1500 Meter Run</td>
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<td>7/10/1983</td>
<td>Jason Lienau – Eugene, OR</td>
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<td>Event</td>
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<td>Date</td>
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<td>6/8/2012</td>
<td>Phillip Rocha – Cerritos, CA</td>
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<td>3000 Meter Race Walk</td>
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<td>7/22/2008</td>
<td>Tyler Sorensen – Omaha, NE</td>
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<td>7/28/1991</td>
<td>Tyrone Butterfly – Chapel Hill, NC</td>
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<td>8/3/2003</td>
<td>Trey Charles – Miami, FL</td>
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<td>4x100 Meter Relay</td>
<td>43.25</td>
<td>8/3/2003</td>
<td>Florida Elite TC – Miami, FL</td>
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<td>7/27/2005</td>
<td>Wildcat Youth Sports – Indianapolis, IN</td>
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<td>High Jump</td>
<td>1.95m</td>
<td>6/3/2012</td>
<td>Justice Summerset – Mesa, AZ</td>
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<tr>
<td>Pole Vault</td>
<td>4.42m</td>
<td>7/9/2009</td>
<td>Adam Coulon – Plainfield, IL</td>
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<td>Long Jump</td>
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<td>Anthony Gibson</td>
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<tr>
<td>Triple Jump</td>
<td>13.43m</td>
<td>7/28/2011</td>
<td>Marcus Krah – Wichita, KS</td>
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<td>Shot Put 4kg</td>
<td>19.29m</td>
<td>7/28/1996</td>
<td>Chris Sprague – Houston, TX</td>
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<td>Discus Throw 1kg</td>
<td>61.52m</td>
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<td>Joel Armitage – Ralston, NE</td>
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<td>Javelin Throw 600g (new)</td>
<td>59.63m</td>
<td>6/7/2008</td>
<td>Adam Sparks – Hoover, AL</td>
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<td>Javelin Throw 600g (old)</td>
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<td>Joseph Delgado – Greensboro, NC</td>
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**15-16 Boys**

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<td>7/25/1987</td>
<td>Donald Marshall – Provo, UT</td>
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<td>400 Meter Dash</td>
<td>45.99</td>
<td>7/29/1995</td>
<td>William Obea Moore – San Jose, CA</td>
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<td>800 Meter Run</td>
<td>1:50.51</td>
<td>7/28/2007</td>
<td>Howard Shepard III – Walnut, CA</td>
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<td>1500 Meter Run</td>
<td>3:54.02</td>
<td>7/29/2007</td>
<td>Nathan Mathabane – Walnut, CA</td>
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<td>3000 Meter Run</td>
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<td>7/23/1993</td>
<td>Billy Harper – Cambridge, MA</td>
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<td>6:02.84</td>
<td>7/31/1988</td>
<td>Jason Brown – Gainesville, FL</td>
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<td>12:19.57</td>
<td>7/4/1999</td>
<td>Tristan Ruoss – Edwardsville, IL</td>
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<td>110 Meter Hurdles</td>
<td>13.74</td>
<td>7/29/2007</td>
<td>Wayne Davis II – Walnut, CA</td>
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<td>400 Meter Hurdles</td>
<td>51.56</td>
<td>7/30/2006</td>
<td>William Wynne – Baltimore, MD</td>
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<td>23:15.46</td>
<td>7/12/2002</td>
<td>Zachary Pollinger – Buffalo, NY</td>
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<td>7/27/1997</td>
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<td>New Horizon A – Sacramento, CA</td>
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<td>7:41.30</td>
<td>7/25/2007</td>
<td>Texas Stars TC – Walnut, CA</td>
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<td>High Jump</td>
<td>2.26m</td>
<td>6/24/2012</td>
<td>Randall Cunningham Jr – Cerritos, CA</td>
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<tr>
<td>Pole Vault</td>
<td>5.12m</td>
<td>7/9/1994</td>
<td>Jacob Davis – San Antonio, TX</td>
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<td>Long Jump</td>
<td>7.35m</td>
<td>1979</td>
<td>Steven Hansley</td>
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<td>Triple Jump</td>
<td>15.08m</td>
<td>7/29/1995</td>
<td>Chris Hercules – San Jose, CA</td>
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<td>Shot Put 12 lb.</td>
<td>19.24m</td>
<td>1/1/1975</td>
<td>Larry Rosen</td>
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<td>Discus Throw 1.6kg</td>
<td>58.80m</td>
<td>1985</td>
<td>Kammy Keshmiri – Reno, NV</td>
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<tr>
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<td>63.60m</td>
<td>7/9/2010</td>
<td>William H. Stanley III – Pomina, NJ</td>
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<tr>
<td>Hammer Throw</td>
<td>72.53m</td>
<td>7/3/2007</td>
<td>Conor McCullough – Lisle, IL</td>
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<td>Gunnar Nixon – Greensboro, NC</td>
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**17-18 Men**

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<td>J-Mee Samuels – Greensboro, NC</td>
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<td>7/25/1987</td>
<td>Quincy Watts – Provo, UT</td>
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<td>7/6/1996</td>
<td>William Obea Moore – Salt Lake City, UT</td>
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<td>1:49.49</td>
<td>7/28/2000</td>
<td>Nick Davenport – Buffalo, NY</td>
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<td>3:51.21</td>
<td>7/7/1985</td>
<td>John Quade – Uniondale, NY</td>
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<td>7/28/2011</td>
<td>Jacob Smith – Wichita, KS</td>
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<td>7/28/2001</td>
<td>Yong-Sung Leal – Sacramento, CA</td>
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<td>5:53.17</td>
<td>1983</td>
<td>Orla Kastberg – Durham, NC</td>
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<td>12:54.88</td>
<td>7/31/1994</td>
<td>Kevin Eastler – Gainesville, FL</td>
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<td>21:53.80</td>
<td>7/27/2005</td>
<td>Jared Swehosky – Indianapolis, IN</td>
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<td>7/29/2002</td>
<td>Karron Clement – Omaha, NE</td>
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<td>39.73</td>
<td>8/1/1998</td>
<td>Track Houston TC – Seattle, WA</td>
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<td>7/29/2007</td>
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**National Records**

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<td>8/2/1981</td>
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<td>2.28m</td>
<td>7/9/1983</td>
<td>Dothel Edwards – Athens, GA</td>
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<td>Pole Vault</td>
<td>5.31m</td>
<td>7/30/2006</td>
<td>Casey Roche – Baltimore, MD</td>
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<td>Long Jump</td>
<td>7.87m</td>
<td>1/1/1977</td>
<td>Lamont King</td>
</tr>
<tr>
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<td>16.72m</td>
<td>7/29/2004</td>
<td>Kenneth Hall – Eugene, OR</td>
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<td>Shot Put 12 lb.</td>
<td>20.43m</td>
<td>7/24/1997</td>
<td>Dwight Johnson – Provo, UT</td>
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<td>63.02m</td>
<td>1/1/1979</td>
<td>Clint Johnson</td>
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<td>Javelin Throw 800g</td>
<td>72.82m</td>
<td>6/27/2010</td>
<td>Samuel Crouser – Gresham, OR</td>
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<td>6/28/2008</td>
<td>Connor McCullough – Charlotte, NC</td>
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<td>7405</td>
<td>7/25/2001</td>
<td>Donovan Martin – Sacramento, CA</td>
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Updated records and a records application can be found at [http://www.usatf.org/groups/youth/statistics.asp](http://www.usatf.org/groups/youth/statistics.asp)
## NATIONAL RECORDS

### GIRLS

#### 8 & Under Girls

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<td>7/30/2011</td>
<td>Dynasty McClennon – Wichita, KS</td>
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<td>1:10.69</td>
<td>6/22/2012</td>
<td>Sydney Holden – Cerritos, CA</td>
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<tr>
<td>800 Meter Run</td>
<td>2:38.26</td>
<td>7/28/2012</td>
<td>Lucea Wright – Baltimore, MD</td>
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<tr>
<td>1500 Meter Run</td>
<td>5:32.33</td>
<td>7/29/2012</td>
<td>Dashana Morris – Baltimore, MD</td>
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<td>7/30/2011</td>
<td>Track Houston TC – Wichita, KS</td>
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<td>4:58.22</td>
<td>7/27/2012</td>
<td>Los Angeles Jets – Baltimore, MD</td>
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<td>Long Jump</td>
<td>3.73m</td>
<td>7/28/2012</td>
<td>Azariaiyah Bryant – Baltimore, MD</td>
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<td>Shot Put 6 lb.</td>
<td>7.34m</td>
<td>7/27/2012</td>
<td>Kimora Daniel – Baltimore, MD</td>
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<td>18.55m</td>
<td>7/25/2012</td>
<td>Kimora Daniel – Baltimore, MD</td>
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#### 9-10 Girls

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<th>Date</th>
<th>Name – Location</th>
</tr>
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<tr>
<td>100 Meter Dash</td>
<td>12.85</td>
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<td>Angela Williams – Lincoln, NE</td>
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<tr>
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<td>7/31/2004</td>
<td>Robin Reynolds – Eugene, OR</td>
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<tr>
<td>400 Meter Dash</td>
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<td>8/1/1993</td>
<td>Monique Henderson – Baton Rouge, LA</td>
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<td>2:21.00</td>
<td>7/3/2010</td>
<td>Kennedy Simon – Lisle, IL</td>
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<tr>
<td>1500 Meter Run</td>
<td>4:50.97</td>
<td>7/5/2009</td>
<td>Daesha Rogers- Ypsilanti, MI</td>
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<tr>
<td>1500 Meter Race Walk</td>
<td>7:30.80</td>
<td>7/18/1993</td>
<td>Elizabeth Paxton – San Diego, CA</td>
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<td>Fast Action – Baton Rouge, LA</td>
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<td>Victoria Plummer – Baltimore, MD</td>
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<td>Long Jump</td>
<td>4.78m</td>
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<td>Ramona Carryl – Knoxville, TN</td>
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<td>Shot Put 6 lb.</td>
<td>10.46m</td>
<td>7/28/1995</td>
<td>Amber Curtis – San Jose, CA</td>
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<tr>
<td>Javelin Throw 300g</td>
<td>37.15m</td>
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<td>Mystasia Alexander – Walnut, CA</td>
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<tr>
<td>Triathlon</td>
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#### 11-12 Girls

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<td>Angela Williams – Walnut, CA</td>
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<td>200 Meter Dash</td>
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<td>8/1/1992</td>
<td>Angela Williams – Walnut, CA</td>
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<tr>
<td>400 Meter Dash</td>
<td>54.73</td>
<td>7/2/2006</td>
<td>Robin Reynolds – Greensboro, NC</td>
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<tr>
<td>800 Meter Run</td>
<td>2:13.12</td>
<td>7/26/2008</td>
<td>Raevyn Rodgers – Omaha, NE</td>
</tr>
<tr>
<td>1500 Meter Run</td>
<td>4:41.62</td>
<td>7/31/2005</td>
<td>Claudia Francis – Indianapolis, IN</td>
</tr>
<tr>
<td>3000 Meter Run</td>
<td>10:03.54</td>
<td>6/29/1988</td>
<td>Heather Burroughs – Walnut, CA</td>
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<tr>
<td>1500 Meter Race Walk</td>
<td>6:53.70</td>
<td>7/26/1990</td>
<td>Danielle Safran – Lincoln, NE</td>
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<tr>
<td>80 Meter Hurdles</td>
<td>11.85</td>
<td>7/21/2002</td>
<td>Jasmine Isley – Durham, NC</td>
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<td>4x100 Meter Relay</td>
<td>49.17</td>
<td>7/28/1996</td>
<td>Texas Heat – Houston, TX</td>
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<td>4x400 Meter Relay</td>
<td>3:56.63</td>
<td>5/30/2010</td>
<td>Quiet Fire – Harbor City, CA</td>
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<td>4x800 Meter Relay</td>
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<td>6/14/1997</td>
<td>Los Angeles Jets – Long Beach, CA</td>
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<tr>
<td>High Jump</td>
<td>1.69m</td>
<td>7/24/2008</td>
<td>Stacey Destin – Omaha, NE</td>
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<tr>
<td>Long Jump</td>
<td>5.58m</td>
<td>6/20/1998</td>
<td>Gayle Hunter – Las Vegas, NV</td>
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<tr>
<td>Shot Put 6 lb.</td>
<td>13.90m</td>
<td>7/11/1987</td>
<td>Johanna Gambill – Spokane, WA</td>
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<td>Discus Throw 1kg</td>
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<td>Amber Curtis – Baton Rouge, LA</td>
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<td>Javelin Throw 300g</td>
<td>45.84m</td>
<td>6/30/2005</td>
<td>Hannah Carson – Knoxville, TN</td>
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#### 13-14 Girls

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<td>11.59</td>
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<td>Kaylin Whitney – Baltimore, MD</td>
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<td>23.41</td>
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<td>Kaylin Whitney – Baltimore, MD</td>
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<td>400 Meter Dash</td>
<td>53.10</td>
<td>7/8/2007</td>
<td>Robin Reynolds – Lisle, IL</td>
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<td>800 Meter Run</td>
<td>2:06.90</td>
<td>7/4/2009</td>
<td>Raevyn Rogers – Ypsilanti, MI</td>
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<td>1500 Meter Run</td>
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<td>Jordan Hasay – Indianapolis, IN</td>
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<td>3000 Meter Run</td>
<td>9:35.12</td>
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<td>Anya Marie Ruoss – Walnut, CA</td>
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### National Records

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<td>100 Meter Hurdles</td>
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<td>7/27/2008</td>
<td>Trinity Wilson – Omaha, NE</td>
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<td>200 Meter Hurdles</td>
<td>26.55</td>
<td>7/31/2010</td>
<td>Jasmyne Graham – Sacramento, CA</td>
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<tr>
<td>4x100 Meter Relay</td>
<td>46.58</td>
<td>6/29/2003</td>
<td>Quiet Fire – Mission Viejo, CA</td>
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<tr>
<td>4x400 Meter Relay</td>
<td>3:43.05</td>
<td>7/31/2011</td>
<td>Rate of Motion Elite Track Club – Wichita, KS</td>
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<td>4x800 Meter Relay</td>
<td>9:15.68</td>
<td>7/30/2003</td>
<td>United Stars – Miami, FL</td>
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<tr>
<td>High Jump</td>
<td>1.74m</td>
<td>6/8/1986</td>
<td>Chrissy Mills – Irvine, CA</td>
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<td>Long Jump</td>
<td>6.07m</td>
<td>6/20/1998</td>
<td>Tracee Thomas – Las Vegas, NV</td>
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<td>Triple Jump</td>
<td>11.92m</td>
<td>4/24/1999</td>
<td>Nicole Duhart – Riverside, CA</td>
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<td>Shot Put 6 lb.</td>
<td>15.88m</td>
<td>7/31/2010</td>
<td>Kennedy Blahnik – Sacramento, CA</td>
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<td>Discus Throw 1kg</td>
<td>46.32m</td>
<td>6/23/1990</td>
<td>Suzy Powell – Concord, CA</td>
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<tr>
<td>Javelin Throw 600g (new)</td>
<td>52.90m</td>
<td>7/26/2007</td>
<td>Hannah Carson – Walnut, CA</td>
</tr>
<tr>
<td>Javelin Throw 600g (old)</td>
<td>37.93m</td>
<td>7/28/1996</td>
<td>Katy Polansky – Houston, TX</td>
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<td>7/30/2010</td>
<td>Alexa Harman-Thomas – Sacramento, CA</td>
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#### 15-16 Girls

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<td>7/28/1995</td>
<td>Angela Williams – San Jose, Ca</td>
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<td>23.06</td>
<td>7/31/2004</td>
<td>Bianca Knight – Eugene, OR</td>
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<td>52.11</td>
<td>7/29/2004</td>
<td>Stephanie Smith – Sacramento, CA</td>
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<td>2:04.83</td>
<td>7/26/2008</td>
<td>Phillips Francis – Omaha, NE</td>
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<td>1500 Meter Run</td>
<td>4:25.57</td>
<td>7/22/1984</td>
<td>Suzy Favor – Baton Rouge, LA</td>
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<td>9:37.09</td>
<td>7/30/2005</td>
<td>Caitlin Lane – Indianapolis, IN</td>
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<td>2000 Meter Steeplechase</td>
<td>6:56.97</td>
<td>7/22/2008</td>
<td>Eleanor Fulton – Omaha, NE</td>
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<td>3000 Meter Race Walk</td>
<td>13:41.25</td>
<td>7/2/1994</td>
<td>Ana-Maria Ruoss – Knoxville, YN</td>
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<td>26:46.00</td>
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<td>500 Meter Hurdles</td>
<td>13.80</td>
<td>7/29/2012</td>
<td>Quenne Dale – Baltimore, MD</td>
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<td>7/3/2005</td>
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<td>7/29/2007</td>
<td>Shanay Briscoe – Walnut, CA</td>
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<td>4.01m</td>
<td>7/1/2008</td>
<td>Morgann Leieux – Hoover, AL</td>
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<td>Long Jump</td>
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<td>Jill Bell – Cheney, WA</td>
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<td>12.94m</td>
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<td>Ciarra Brewer – Greensboro, NC</td>
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<td>Michelle Carter – Sacramento, CA</td>
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<td>Elizabeth Debartolo – Aurora, IL</td>
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<td>Javelin Throw 600g (new)</td>
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<td>Avione Allgood – Wichita, KS</td>
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<td>Javelin Throw (old)</td>
<td>44.30m</td>
<td>7/30/1998</td>
<td>Katy Polansky – Seattle, WA</td>
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<td>Hammer Throw</td>
<td>47.75m</td>
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<td>Ashlen Veatch – Lisle, IL</td>
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<td>Heptathlon</td>
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<td>Shana Woods – Eugene, OR</td>
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#### 17-18 Women

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<td>Michelle Glover – Walnut, CA</td>
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<td>7/26/2007</td>
<td>Victoria Jordan – Walnut, CA</td>
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<td>51.31</td>
<td>7/27/2000</td>
<td>Monique Henderson – Buffalo, NY</td>
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<td>800 Meter Run</td>
<td>2:05.27</td>
<td>7/30/2005</td>
<td>Sarah Bowman – Indianapolis, IN</td>
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<td>4:26.39</td>
<td>8/2/1981</td>
<td>Cecilia Hopp – Lincoln, NE</td>
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<td>7/30/1998</td>
<td>Dana Boyle – Seattle, WA</td>
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<td>7/22/2008</td>
<td>Alyssa Allison – Omaha, NE</td>
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<td>14:20.80</td>
<td>6/17/1993</td>
<td>Lisa Chumbley – Houston, TX</td>
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<tr>
<td>5000 Meter Race Walk</td>
<td>25:20.51</td>
<td>7/25/2001</td>
<td>Robyn Stevens – Sacramento, CA</td>
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<td>100 Meter Hurdles</td>
<td>13.39</td>
<td>7/29/2001</td>
<td>Virginia Ginnie Powell – Sacramento, CA</td>
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<td>57.67</td>
<td>7/27/2008</td>
<td>Turquoise Thompson – Omaha, NE</td>
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<td>44.43</td>
<td>7/28/2007</td>
<td>Dallas Gold Track Club – Walnut, CA</td>
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<td>3:35.51</td>
<td>7/29/2001</td>
<td>United Stars – Sacramento, CA</td>
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<td>7/25/2007</td>
<td>United Stars – Walnut, CA</td>
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<td>Performance</td>
<td>Date</td>
<td>Name - Location</td>
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<tr>
<td>High Jump</td>
<td>1.85m</td>
<td>7/24/1997</td>
<td>Adrianne Sims – Baton Rouge, LA</td>
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<tr>
<td>Pole Vault</td>
<td>4.21m</td>
<td>7/25/2008</td>
<td>Natalie Willer – Omaha, NE</td>
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<tr>
<td>Triple Jump</td>
<td>13.01m</td>
<td>7/28/1996</td>
<td>Alicia Broussard – Houston, TX</td>
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<td>Shot Put 4kg</td>
<td>16.41m</td>
<td>7/25/2012</td>
<td>Christina Hillman – Baltimore, MD</td>
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<tr>
<td>Discus Throw 1kg</td>
<td>53.42m</td>
<td>7/9/1995</td>
<td>Suzy Powell – Joplin, MO</td>
</tr>
<tr>
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<td>52.30m</td>
<td>7/28/2011</td>
<td>Avione Allgood – Wichita, KS</td>
</tr>
<tr>
<td>Javelin Throw 600g (old)</td>
<td>44.30m</td>
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<td>Katy Polansky – Seattle, WA</td>
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<tr>
<td>Hammer Throw</td>
<td>54.60m</td>
<td>7/23/2012</td>
<td>Avana Story – Baltimore, MD</td>
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<td>Heptathlon</td>
<td>5365</td>
<td>7/25/2001</td>
<td>Diana Pickler – Sacramento, CA</td>
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Updated records and a records application can be found at http://www.usatf.org/groups/youth/statistics.asp
# Junior Olympic Track & Field Meet Records

## Junior Olympic Track & Field Meet Records - Boys

### 8 & Under Boys

<table>
<thead>
<tr>
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<td>100m</td>
<td>13.69</td>
<td>Nolan Hickman</td>
<td>Auburn, WA</td>
<td>07/31/11</td>
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<td>200m</td>
<td>28.65</td>
<td>Nathan Leacock</td>
<td>Rolesville, NC</td>
<td>07/28/12</td>
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<td>400m</td>
<td>1:05.84</td>
<td>Thomas Williams</td>
<td></td>
<td>07/28/12</td>
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<tr>
<td>800m</td>
<td>2:37.53</td>
<td>Kyle Watkins</td>
<td>Myrtle Beach, SC</td>
<td>07/30/11</td>
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<td>1500m</td>
<td>5:24.34</td>
<td>Paul Holyfield</td>
<td>Porter Ranch, CA</td>
<td>07/31/11</td>
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<td>4x100m Relay</td>
<td>58.30</td>
<td>Glenarden TC</td>
<td>Upper Marlboro, MD</td>
<td>07/30/11</td>
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<tr>
<td>(Therman Hawkins, Tareek Rankine, Phillip Rawlings, Laurenz Colbert)</td>
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<tr>
<td>4x400m Relay</td>
<td>4:52.00</td>
<td>Carolina Elite T&amp;F</td>
<td>Raleigh, NC</td>
<td>07/29/12</td>
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<tr>
<td>Long Jump</td>
<td>4.46m / 14' 7” ¾</td>
<td>Kendrick Law</td>
<td>Haughton, LA</td>
<td>07/26/12</td>
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<tr>
<td>Shot Put 6 lb.</td>
<td>8.39m / 27' 6” ½</td>
<td>Angelo Allen</td>
<td>Verona, PA</td>
<td>07/29/12</td>
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<td>Javelin Throw 300g</td>
<td>33.29m / 109' 3”</td>
<td>Maalik Murphy</td>
<td>Inglewood, CA</td>
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### 9-10 Boys

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<td>12.73</td>
<td>Richard Washington</td>
<td>Inglewood, CA</td>
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<tr>
<td>200m</td>
<td>25.83</td>
<td>Rannell Hall</td>
<td>Miami, FL</td>
<td>08/02/03</td>
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<tr>
<td>400m</td>
<td>58.74</td>
<td>Jules Noel</td>
<td>Boynton Beach, FL</td>
<td>07/25/97</td>
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<tr>
<td>800m</td>
<td>2:19.74</td>
<td>Robert Amick</td>
<td>Sunnyvale, CA</td>
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<tr>
<td>1500m</td>
<td>4:43.70</td>
<td>Robert Amick</td>
<td>Sunnyvale, CA</td>
<td>07/31/05</td>
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<tr>
<td>1500m Race Walk</td>
<td>7:13.01</td>
<td>Tristan Ruoss</td>
<td>Fayetteville, AR</td>
<td>07/02/92</td>
</tr>
<tr>
<td>4x100m Relay</td>
<td>51.63</td>
<td>Miami Metro-Dade</td>
<td>Miami, FL</td>
<td>08/03/03</td>
</tr>
<tr>
<td>(Leo Simmons, Darryl Brown, Shaquille Kearse, Rannell Hall)</td>
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<tr>
<td>4x400m Relay</td>
<td>4:10.69</td>
<td>Speed City TC</td>
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<td>07/31/11</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.56m / 5' 1¼</td>
<td>Sean Lee</td>
<td>Rancho Santa Margarita, CA</td>
<td>07/31/10</td>
</tr>
<tr>
<td>Long Jump</td>
<td>4.97m / 16' 3¼</td>
<td>Thomas Johnson</td>
<td>Dallas, TX</td>
<td>07/29/04</td>
</tr>
<tr>
<td>Shot Put</td>
<td>13.40m / 43' 11¼</td>
<td>Dylan Carter</td>
<td>Maryville, TN</td>
<td>07/28/12</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>40.47 / 132' 9</td>
<td>Otis Statum</td>
<td>Castro Valley, CA</td>
<td>07/26/08</td>
</tr>
<tr>
<td>Triathlon</td>
<td>1236 pts.</td>
<td>Ashton Allen</td>
<td>Odenton, MD</td>
<td>07/24/12</td>
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### 11-12 Boys

<table>
<thead>
<tr>
<th>Event</th>
<th>Performance</th>
<th>Name</th>
<th>Home City</th>
<th>Date</th>
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<tbody>
<tr>
<td>100m</td>
<td>11.68</td>
<td>Jordan Byrd</td>
<td>Albuquerque, NM</td>
<td>07/27/08</td>
</tr>
<tr>
<td>200m</td>
<td>23.37</td>
<td>Bryce Love</td>
<td>Wake Forest, NC</td>
<td>08/01/09</td>
</tr>
<tr>
<td>400m</td>
<td>50.75</td>
<td>Bryce Love</td>
<td>Wake Forest, NC</td>
<td>08/02/09</td>
</tr>
<tr>
<td>800m</td>
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<td>Elias Gedyon</td>
<td>Los Angeles, CA</td>
<td>07/30/05</td>
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<tr>
<td>1500m</td>
<td>4:30.87</td>
<td>Elias Gedyon</td>
<td>Los Angeles, CA</td>
<td>07/31/05</td>
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<tr>
<td>3000m</td>
<td>9:38.52</td>
<td>Chris Dominic</td>
<td>San Lorenzo, CA</td>
<td>08/01/98</td>
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<tr>
<td>80m Hurdles</td>
<td>11.74</td>
<td>Kenny Lambe</td>
<td>Hilton Head, SC</td>
<td>07/26/97</td>
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<tr>
<td>1500m Race Walk</td>
<td>6:44.01</td>
<td>Tristan Ruoss</td>
<td>Fayetteville, AR</td>
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<tr>
<td>4x100m Relay</td>
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<td>Glenarden TC</td>
<td>Upper Marlboro, MD</td>
<td>07/31/94</td>
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<td>(Bruce Haigler, Kenneth Lewis, Howard Jefferson, Adrian Washington)</td>
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<td>4x400m Relay</td>
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<td>(J.Jackson, J. Levias, B. Scott, C. Wilcox)</td>
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<tr>
<td>High Jump</td>
<td>1.76m / 5' 9¼</td>
<td>Sean Lee</td>
<td>Orange County, CA</td>
<td>07/29/12</td>
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<tr>
<td>Long Jump</td>
<td>5.51m / 18' 1</td>
<td>Matthew Green</td>
<td>Belle Vernon, PA</td>
<td>07/30/05</td>
</tr>
<tr>
<td>Shot Put</td>
<td>16.36m / 53' 8¼</td>
<td>Elijah Zoucha</td>
<td>Omaha, NE</td>
<td>08/01/10</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>40.81m / 133’10</td>
<td>Daniel Richardson</td>
<td>Bakersfield, CA</td>
<td>07/30/10</td>
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<tr>
<td>Mini Javelin Throw</td>
<td>53.30 / 174’ 10</td>
<td>Otis Statum</td>
<td>Richmond, CA</td>
<td>07/29/10</td>
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<tr>
<td>Pentathlon (new)</td>
<td>2854 pts.</td>
<td>Jaiden Woodbey</td>
<td>Fontana, CA</td>
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<tr>
<td>Pentathlon (old)</td>
<td>3120 pts.</td>
<td>M. Nation</td>
<td>Manhattan, NY</td>
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<tr>
<td>Pentathlon (old)</td>
<td>3120 pts.</td>
<td>Bradley Rupsis</td>
<td>Downers Grove, IL</td>
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### 13-14 Boys

<table>
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<th>Date</th>
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<tbody>
<tr>
<td>100m</td>
<td>10.94</td>
<td>Michael Grant</td>
<td>Decatur, GA</td>
<td>07/28/00</td>
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<tr>
<td>200m</td>
<td>21.84</td>
<td>Michael Grant</td>
<td>Decatur, GA</td>
<td>07/28/00</td>
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<tr>
<td>400m</td>
<td>47.16</td>
<td>W. Obea Moore</td>
<td>Los Angeles, CA</td>
<td>08/01/93</td>
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<tr>
<td>800m</td>
<td>1:56.36</td>
<td>Cody Harper</td>
<td>Albuquerque, NM</td>
<td>07/28/01</td>
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<tr>
<td>1500m</td>
<td>4:05.25</td>
<td>Elias Gedyon</td>
<td>Los Angeles, CA</td>
<td>07/28/07</td>
</tr>
<tr>
<td>3000m</td>
<td>9:08.13</td>
<td>Erik Garcia</td>
<td>McFarland, CA</td>
<td>07/31/93</td>
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<tr>
<td>100m Hurdles</td>
<td>12.94</td>
<td>Tyrone Butterfield</td>
<td>Miami, FL</td>
<td>07/28/91</td>
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<tr>
<td>200m Hurdles</td>
<td>23.99</td>
<td>Trey Charles</td>
<td>Smyrna, GA</td>
<td>08/03/03</td>
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<tr>
<td>3000m Race Walk</td>
<td>13:42.07</td>
<td>Tyler Sorenson</td>
<td>Lafayette, CA</td>
<td>07/22/08</td>
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<tr>
<td>4x100m Relay</td>
<td>43.25</td>
<td>Florida Elite Track Club</td>
<td>Orlando, FL</td>
<td>08/03/03</td>
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<tr>
<td>4x400m Relay</td>
<td>3:23.96</td>
<td>LA Jets</td>
<td>Los Angeles, CA</td>
<td>08/01/93</td>
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<tr>
<td>4x800m Relay</td>
<td>8:24.03</td>
<td>Wildcat Youth Sports</td>
<td>07/27/05</td>
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<tr>
<td>High Jump</td>
<td>1.94m / 6' 4¾</td>
<td>Grayson Galloway</td>
<td>Brevard, NC</td>
<td>07/29/93</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.28m / 14’ 0½</td>
<td>Bill Lange</td>
<td>Bridgewater, NJ</td>
<td>1977</td>
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<tr>
<td>Long Jump</td>
<td>6.68m / 21’ 11</td>
<td>Javier Rodriguez</td>
<td>Miami, FL</td>
<td>07/26/07</td>
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<tr>
<td>Triple Jump</td>
<td>13.19m / 43’ 3½</td>
<td>Kasen Covington</td>
<td>Boise, ID</td>
<td>07/27/06</td>
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<tr>
<td>Shot Put</td>
<td>19.29m / 63’3½</td>
<td>Chris Sprague</td>
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<td>07/28/96</td>
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<tr>
<td>Discus Throw</td>
<td>58.32m / 194’ 4</td>
<td>Annthony Dudley</td>
<td>El Paso, TX</td>
<td>07/29/10</td>
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<tr>
<td>Javelin Throw(new)</td>
<td>56.23m / 184’ 5</td>
<td>David Reinhardt</td>
<td>Bradford, PA</td>
<td>07/25/08</td>
</tr>
<tr>
<td>Javelin Throw (old)</td>
<td>56.11m / 184’ 1</td>
<td>Brandon Racca</td>
<td>Iowa, LA</td>
<td>08/02/98</td>
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<tr>
<td>Pentathlon</td>
<td>3584 pts.</td>
<td>Joseph Delgado</td>
<td>Ontario, OR</td>
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### 15-16 Boys

<table>
<thead>
<tr>
<th>Event</th>
<th>Performance</th>
<th>Name</th>
<th>Home City</th>
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<tbody>
<tr>
<td>100m</td>
<td>10.51</td>
<td>Jeremy Rankin</td>
<td>Aurora, CO</td>
<td>07/28/06</td>
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<tr>
<td>200m</td>
<td>21.10</td>
<td>W. Obea Moore</td>
<td>South Pasadena, CA</td>
<td>07/29/95</td>
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<tr>
<td>400m</td>
<td>45.99</td>
<td>W. Obea Moore</td>
<td>Los Angeles, CA</td>
<td>07/29/95</td>
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<tr>
<td>800m</td>
<td>1:50.51</td>
<td>Howard Shepard</td>
<td>Dallas, TX</td>
<td>07/28/07</td>
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<tr>
<td>1500m</td>
<td>3:54.02</td>
<td>Nathan Mathabane</td>
<td>Portland, OR</td>
<td>07/29/07</td>
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<tr>
<td>3000m</td>
<td>8:27.00</td>
<td>Billy Harper</td>
<td>Philomath, OR</td>
<td>07/23/93</td>
</tr>
<tr>
<td>110m Hurdles</td>
<td>13.74</td>
<td>Wayne Davis</td>
<td>Raleigh, NC</td>
<td>07/29/07</td>
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<tr>
<td>400m Hurdles</td>
<td>51.56</td>
<td>William Wynne</td>
<td>Kennesaw, GA</td>
<td>07/30/06</td>
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<td>2000m Steeplech.</td>
<td>6:02.84</td>
<td>Jason Brown</td>
<td>Provo, UT</td>
<td>07/31/88</td>
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<td>3000m Race Walk</td>
<td>12:55.18</td>
<td>Tristan Ruoss</td>
<td>Fayetteville, AR</td>
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<td>5000m Race Walk</td>
<td>23:30.93</td>
<td>Jared Swehosky</td>
<td>Salem, OR</td>
<td>07/30/03</td>
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<td>4x100m Relay</td>
<td>40.90</td>
<td>LA Jets</td>
<td>Lancaster, CA</td>
<td>07/27/97</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.96m / 6’ 5½</td>
<td>Eric Bishop</td>
<td>Chatsworth, GA</td>
<td>08/01/92</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.88m / 16’ 0</td>
<td>Jayson Lavender</td>
<td>Wichita Falls, TX</td>
<td>07/25/87</td>
</tr>
<tr>
<td>Long Jump</td>
<td>7.35m / 24’ 1½</td>
<td>Steven Hansley</td>
<td>East Orange, NJ</td>
<td>1979</td>
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<tr>
<td>Triple Jump</td>
<td>15.08m / 49’ 5½</td>
<td>Chris Hercules</td>
<td>Palatine, IL</td>
<td>07/29/95</td>
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<tr>
<td>Shot Put</td>
<td>19.29m / 63’ 3½</td>
<td>Chris Sprague</td>
<td>Eugene, OR</td>
<td>07/26/96</td>
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<tr>
<td>Discus Throw</td>
<td>54.58m / 179’ 1</td>
<td>Daniel Block</td>
<td>Hanover Park, IL</td>
<td>07/28/07</td>
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<tr>
<td>Hammer Throw</td>
<td>63.73m / 209’ 1</td>
<td>Bradley Bolton</td>
<td>Lake Forest, CA</td>
<td>07/22/08</td>
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<tr>
<td>Javelin Throw</td>
<td>60.96m / 200’ 0</td>
<td>Alex Cartwright</td>
<td>Salem, OR</td>
<td>07/26/07</td>
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<tr>
<td>Pentathlon</td>
<td>7000 pts.</td>
<td>Gunnar Nixon</td>
<td>Edmond, OK</td>
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### 17-18 Men

<table>
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<tbody>
<tr>
<td>100m</td>
<td>10.30</td>
<td>Quincy Watts</td>
<td>Woodland Hills, CA</td>
<td>07/25/87</td>
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<tr>
<td>200m</td>
<td>20.50</td>
<td>Quincy Watts</td>
<td>Woodland Hills, CA</td>
<td>07/25/87</td>
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<tr>
<td>400m</td>
<td>45.63</td>
<td>Jerome Young</td>
<td>Hartford, CT</td>
<td>07/30/95</td>
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<tr>
<td>800m</td>
<td>1:49.49</td>
<td>Nick Davenport</td>
<td>Texas</td>
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<td>1500m</td>
<td>3:54.71</td>
<td>Paul Kinser</td>
<td>Greensboro, NC</td>
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<tr>
<td>3000m</td>
<td>8:41.25</td>
<td>Jacob Smith</td>
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<td>07/28/11</td>
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<tr>
<td>5000m</td>
<td>14:27.14</td>
<td>Yong-Sung Leal</td>
<td>San Leandro, CA</td>
<td>07/28/01</td>
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<tr>
<td>110m Hurdles</td>
<td>13.41</td>
<td>Booker Nunley</td>
<td>Track Eastern</td>
<td>07/27/08</td>
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<td>400m Hurdles</td>
<td>49.77</td>
<td>Kerron Clement</td>
<td>Missouri City, TX</td>
<td>07/29/02</td>
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<td>2000m Steeplech</td>
<td>5:53.71</td>
<td>Orla Kastberg</td>
<td>Durham, NC</td>
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<tr>
<td>3000m Race Walk</td>
<td>12:54.88</td>
<td>Kevin Eastler</td>
<td>Farmington, ME</td>
<td>07/31/94</td>
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<tr>
<td>5000m Race Walk</td>
<td>21:58.42</td>
<td>Matt Boyles</td>
<td>Yellow Springs, OH</td>
<td>07/26/01</td>
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<tr>
<td>4x100m Relay</td>
<td>39.73</td>
<td>Track Houston TC</td>
<td>Houston, TX</td>
<td>08/01/98</td>
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<td>(R. Beard, B. Gay, J. Harris, T. Williams)</td>
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<td>4x400m Relay</td>
<td>3:06.22</td>
<td>So. Ca. Running Cougars</td>
<td>Los Angeles, CA</td>
<td>07/29/07</td>
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<td>(Joey Hughes, Nevin Gutteriez, Jeshua Anderson, Reggie Wyatt)</td>
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<td>4x800m Relay</td>
<td>7:35.27</td>
<td>East Coast Classics</td>
<td>Lincoln, NE</td>
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<tr>
<td>High Jump</td>
<td>2.23m / 7’ 3¾</td>
<td>Maurice Crumby</td>
<td>San Francisco, CA</td>
<td>07/31/83</td>
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<td>2.23m / 7’ 3¾</td>
<td>Rick Noji</td>
<td>Seattle, WA</td>
<td>07/85</td>
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<tr>
<td>Pole Vault</td>
<td>5.31m / 17’ 5</td>
<td>Casey Roche</td>
<td>Los Gatos, CA</td>
<td>07/30/06</td>
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<tr>
<td>Long Jump</td>
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<td>Sheddric Fields</td>
<td>Dallas, TX</td>
<td>07/25/91</td>
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<tr>
<td>Triple Jump</td>
<td>16.72m / 54’ 10¼</td>
<td>Kenneth Hall</td>
<td>Baker, LA</td>
<td>07/29/04</td>
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<tr>
<td>Shot Put</td>
<td>20.43m / 67’ 0½</td>
<td>Dwight Johnson</td>
<td>Phoenix, AZ</td>
<td>07/24/87</td>
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<tr>
<td>Discus Throw</td>
<td>63.20m / 207’ 4</td>
<td>Clint Johnson</td>
<td>Overland Park, KS</td>
<td>1979</td>
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<tr>
<td>Hammer Throw</td>
<td>77.67m / 254’10</td>
<td>Conor McCollough</td>
<td>Canoga Park, CA</td>
<td>07/28/09</td>
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<tr>
<td>Javelin Throw</td>
<td>66.94m / 219’ 7</td>
<td>Patrick Ramsey</td>
<td>Simsboro, LA</td>
<td>07/26/97</td>
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<tr>
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<td>7405 pts.</td>
<td>Donovan Kilmartin</td>
<td>Meridian, ID</td>
<td>07/29/09</td>
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</table>

Updated records and a records application can be found at [http://www.usatf.org/groups/youth/statistics.asp](http://www.usatf.org/groups/youth/statistics.asp)
## JUNIOR OLYMPIC TRACK & FIELD MEET RECORDS
### GIRLS

#### 8 & Under Girls

<table>
<thead>
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<th>Performance</th>
<th>Name</th>
<th>Home City</th>
<th>Date</th>
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<tbody>
<tr>
<td>100m</td>
<td>14.35</td>
<td>Kayla Davis</td>
<td>Charlotte, NC</td>
<td>07/30/11</td>
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<td>200m</td>
<td>29.48</td>
<td>Dynasty McClennon</td>
<td>Humble, TX</td>
<td>07/30/11</td>
</tr>
<tr>
<td>400m</td>
<td>1:11.55</td>
<td>Jalen Elrod</td>
<td>Wichita, KS</td>
<td>07/31/11</td>
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<tr>
<td>800m</td>
<td>2:38.26</td>
<td>Luea Wright</td>
<td>Silverlake, CA</td>
<td>07/28/12</td>
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<tr>
<td>1500m</td>
<td>5:32.33</td>
<td>Dashana Morris</td>
<td>Hampton, GA</td>
<td>07/31/11</td>
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<tr>
<td>4x100m Relay</td>
<td>1:01.01</td>
<td>Track Houston TC</td>
<td>Houston, TX</td>
<td>07/30/11</td>
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<tr>
<td></td>
<td></td>
<td>(Jalen Elrod, Maryah Hampton, Daja Maxey, Adaora Nwokeji)</td>
<td></td>
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</tr>
<tr>
<td>4x400m Relay</td>
<td>4:58.22</td>
<td>Los Angeles Jets</td>
<td>Los Angeles Jets</td>
<td>07/27/12</td>
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<tr>
<td></td>
<td></td>
<td>(Eleya Brown, Sydney Holden, Kyl Dixon, Luea Wright)</td>
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<tr>
<td>Long Jump</td>
<td>3.73m / 12'3&quot;</td>
<td>Azariyah Bryant</td>
<td>Cincinnati, OH</td>
<td>07/28/12</td>
</tr>
<tr>
<td>Shot Put</td>
<td>7.34m / 24'1&quot;</td>
<td>Kimora Daniel</td>
<td>Monroe, LA</td>
<td>07/27/12</td>
</tr>
<tr>
<td>Javelin Throw 300g</td>
<td>18.55m / 60'10¾&quot;</td>
<td>Kimora Daniel</td>
<td>Monroe, LA</td>
<td>07/25/12</td>
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</table>

#### 9-10 Girls

<table>
<thead>
<tr>
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<th>Performance</th>
<th>Name</th>
<th>Home City</th>
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</thead>
<tbody>
<tr>
<td>100m</td>
<td>12.85</td>
<td>Angela Williams</td>
<td>Ontario, CA</td>
<td>07/29/90</td>
</tr>
<tr>
<td>200m</td>
<td>26.50</td>
<td>Robin Reynolds</td>
<td>Miami, FL</td>
<td>07/31/04</td>
</tr>
<tr>
<td>400m</td>
<td>59.81</td>
<td>Monique Henderson</td>
<td>San Diego, CA</td>
<td>07/30/93</td>
</tr>
<tr>
<td>800m</td>
<td>2:23.16</td>
<td>Daesha Rogers</td>
<td>Miami, FL</td>
<td>08/01/09</td>
</tr>
<tr>
<td>1500m</td>
<td>4:51.62</td>
<td>Daesha Rogers</td>
<td>Miami, FL</td>
<td>08/02/09</td>
</tr>
<tr>
<td>1500m Race Walk</td>
<td>7:30.8h</td>
<td>Elizabeth Paxton</td>
<td>Cypress, CA</td>
<td>07/18/93</td>
</tr>
<tr>
<td>4x100m Relay</td>
<td>52.91</td>
<td>Miramar Optimist TC</td>
<td>Miramar, FL</td>
<td>07/28/12</td>
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<tr>
<td></td>
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<td>(Jada Bell, Amaya Strange, Myrka Cadet, Briana Williams)</td>
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<tr>
<td>4x400m Relay</td>
<td>4:19.00</td>
<td>Fast Action TC</td>
<td>Los Angeles, CA</td>
<td>07/29/93</td>
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<tr>
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<td>(Angela Perkins, Nissa Rahim, Lashinda Demus, Quiana Powell)</td>
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<tr>
<td>High Jump</td>
<td>1.50m / 4' 11&quot;</td>
<td>Victoria Plummer</td>
<td>San Fernando, CA</td>
<td>07/25/12</td>
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<tr>
<td>Long Jump</td>
<td>4.67m / 15' 4&quot;</td>
<td>Margaux Jones</td>
<td>Redland, LA</td>
<td>07/28/07</td>
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<tr>
<td>Shot Put</td>
<td>10.46m / 34' 4&quot;</td>
<td>Amber Curtis</td>
<td>Monroe, WI</td>
<td>07/28/95</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>37.15m /121'10&quot;</td>
<td>Mystasia Alexander</td>
<td>Lynwood, CA</td>
<td>07/28/07</td>
</tr>
<tr>
<td>Triathlon</td>
<td>1460 pts.</td>
<td>Victoria Powell</td>
<td>Montclair, LA</td>
<td>07/23/08</td>
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#### 11-12 Girls

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<th>Performance</th>
<th>Name</th>
<th>Home City</th>
<th>Date</th>
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<tbody>
<tr>
<td>100m</td>
<td>12.10</td>
<td>Angela Williams</td>
<td>Ontario, CA</td>
<td>07/31/92</td>
</tr>
<tr>
<td>200m</td>
<td>24.47</td>
<td>Angela Williams</td>
<td>Ontario, CA</td>
<td>08/01/92</td>
</tr>
<tr>
<td>400m</td>
<td>55.01</td>
<td>Robin Reynolds</td>
<td>Miami, FL</td>
<td>07/31/05</td>
</tr>
<tr>
<td>800m</td>
<td>2:13.12</td>
<td>Raevyn Rogers</td>
<td>Missouri City, TX</td>
<td>07/26/08</td>
</tr>
<tr>
<td>1500m</td>
<td>4:41.62</td>
<td>Claudia Francis</td>
<td>Laurelton, NY</td>
<td>07/31/05</td>
</tr>
<tr>
<td>3000m</td>
<td>10:12.47</td>
<td>Claudia Francis</td>
<td>Laurelton, NY</td>
<td>07/29/05</td>
</tr>
<tr>
<td>80m Hurdles</td>
<td>11.94</td>
<td>Jasmyn Graham</td>
<td>Moreno Valley, CA</td>
<td>08/02/09</td>
</tr>
<tr>
<td>1500m Race Walk</td>
<td>6:53.70</td>
<td>Danielle Safran</td>
<td>Brentwood, NY</td>
<td>07/26/90</td>
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<tr>
<td>4x100m Relay</td>
<td>49.17</td>
<td>Texas Heat</td>
<td>Ft. Worth, TX</td>
<td>07/28/96</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Chauntae Bayne, Genece Glover, Donette Chambers, Terrika Warren)</td>
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<tr>
<td>4x400m Relay</td>
<td>3:56.86</td>
<td>Quiet Fire TC</td>
<td>Hawthorne, CA</td>
<td>08/01/10</td>
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<tr>
<td></td>
<td></td>
<td>(Kayla Richardson, Lauren Williams, Kyla Richardson, Jeanette Paul)</td>
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</tr>
<tr>
<td>4x800m Relay</td>
<td>9:38.94</td>
<td>United Stars TC</td>
<td>Philadelphia, PA</td>
<td>07/27/96</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Alish Jackson-Bowser, Tiffany Abney, Evelyn Dwyer, Alycia Williams)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>1.69m / 5' 6½&quot;</td>
<td>Stacey Destin</td>
<td>Boynton Beach, FL</td>
<td>07/24/08</td>
</tr>
<tr>
<td>Long Jump</td>
<td>5.52m / 18' 1½&quot;</td>
<td>Myra Combs</td>
<td>Lake Charles, LA</td>
<td>07/27/91</td>
</tr>
<tr>
<td>Shot Put</td>
<td>13.51m / 44' 4&quot;</td>
<td>Ashlie Blake</td>
<td>Las Vegas, NV</td>
<td>07/26/08</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>37.46m / 122' 10&quot;</td>
<td>Amber Curtis</td>
<td>Monroe, WI</td>
<td>07/24/97</td>
</tr>
<tr>
<td>Mini Javelin Throw</td>
<td>42.88m / 140' 8&quot;</td>
<td>Hannah Carson</td>
<td>Mesa, AZ</td>
<td>07/28/05</td>
</tr>
<tr>
<td>Pentathlon (new)</td>
<td>3412 pts.</td>
<td>Stacey Destin</td>
<td>Boynton Beach, FL</td>
<td>07/23/08</td>
</tr>
<tr>
<td>Pentathlon (old)</td>
<td>3291 pts.</td>
<td>Gayle Hunter</td>
<td>Rialto, CA</td>
<td>07/29/98</td>
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</table>
### 13-14 Girls

<table>
<thead>
<tr>
<th>Event</th>
<th>Performance</th>
<th>Name</th>
<th>Home City</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>11.61</td>
<td>Sanya Richards</td>
<td>Pembroke Pines, FL</td>
<td>08/01/99</td>
</tr>
<tr>
<td>200m</td>
<td>23.41</td>
<td>Kaylin Whitney</td>
<td>Clermont, FL</td>
<td>07/28/12</td>
</tr>
<tr>
<td>400m</td>
<td>53.40</td>
<td>Brandi Cross</td>
<td>Houston, TX</td>
<td>07/28/02</td>
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<tr>
<td>800m</td>
<td>2:08.17</td>
<td>Raevyn Rogers</td>
<td>Houston, TX</td>
<td>08/01/09</td>
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<tr>
<td>1500m</td>
<td>4:28.61</td>
<td>Jordan Hassay</td>
<td>Arroyo Grande, CA</td>
<td>07/29/05</td>
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<tr>
<td>3000m</td>
<td>9:35.12</td>
<td>Jordan Hassay</td>
<td>Arroyo Grande, CA</td>
<td>07/30/05</td>
</tr>
<tr>
<td>100m Hurdles</td>
<td>13.85</td>
<td>Trinity Wilson</td>
<td>Oakland, CA</td>
<td>07/27/08</td>
</tr>
<tr>
<td>200m Hurdles</td>
<td>26.55</td>
<td>Jasmyne Graham</td>
<td>Moreno Valley, CA</td>
<td>07/31/10</td>
</tr>
<tr>
<td>3000m Race Walk</td>
<td>14:46.46</td>
<td>Anya-Maria Russ</td>
<td>Fayetteville, AR</td>
<td>07/30/92</td>
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<tr>
<td>4x100m Relay</td>
<td>46.74</td>
<td>Young Achievers</td>
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<td>08/01/99</td>
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<tr>
<td>4x400m Relay</td>
<td>3:43.90</td>
<td>Rate of Motion TC</td>
<td>Loganville, GA</td>
<td>07/31/11</td>
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<tr>
<td>4x800m Relay</td>
<td>9:15.68</td>
<td>United Stars TC</td>
<td>Philadelphia, PA</td>
<td>07/29/03</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.71m / 5' 7¾&quot;&quot;</td>
<td>Sondra Biere</td>
<td>Des Moines, IA</td>
<td>07/27/90</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>3.50m / 11' 5¾&quot;&quot;</td>
<td>Meagan Gray</td>
<td>Kyle, TX</td>
<td>07/28/11</td>
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<tr>
<td>Long Jump</td>
<td>5.84m / 19' 2¾&quot;&quot;</td>
<td>Karynn Dunn</td>
<td>Diamond Bar, CA</td>
<td>07/29/05</td>
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<tr>
<td>Triple Jump</td>
<td>11.68m / 38' 4¾&quot;&quot;</td>
<td>Nefertiti Smith</td>
<td>Portsmouth, VA</td>
<td>07/28/06</td>
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<tr>
<td>Shot Put</td>
<td>15.88m / 52' 1¾&quot;&quot;</td>
<td>Kennedy Blahnik</td>
<td>Algoma, WI</td>
<td>07/31/10</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>43.69m / 143' 4¾&quot;&quot;</td>
<td>Kennedy Blahnik</td>
<td>Algoma, WI</td>
<td>07/31/10</td>
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<tr>
<td>Javelin Throw(new)</td>
<td>52.90 / 173'6¾&quot;&quot;</td>
<td>Hannah Carson</td>
<td>Mesa, AZ</td>
<td>07/28/07</td>
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<tr>
<td>Javelin Throw(old)</td>
<td>41.04m / 134' 7¾&quot;&quot;</td>
<td>Katy Polanski</td>
<td>Eugene, OR</td>
<td>07/25/96</td>
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<tr>
<td>Pentathlon</td>
<td>3521 pts.</td>
<td>Alyssa Hasan</td>
<td>Williamsville, NY</td>
<td>07/24/01</td>
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### 15-16 Girls

<table>
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<th>Home City</th>
<th>Date</th>
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<tbody>
<tr>
<td>100m</td>
<td>11.34</td>
<td>Angela Williams</td>
<td>Ontario, CA</td>
<td>07/28/95</td>
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<tr>
<td>200m</td>
<td>23.06</td>
<td>Bianca Knight</td>
<td>Ridgeland, MS</td>
<td>07/31/04</td>
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<tr>
<td>400m</td>
<td>52.11</td>
<td>Stephanie Smith</td>
<td>Macon, GA</td>
<td>07/29/01</td>
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<tr>
<td>800m</td>
<td>2:04.83</td>
<td>Phillis Francis</td>
<td>Laurelton-Queens, NY</td>
<td>07/26/08</td>
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<tr>
<td>1500m</td>
<td>4:25.57</td>
<td>Suzy Favor</td>
<td>Stevens Point, WI</td>
<td>07/22/84</td>
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<tr>
<td>3000m</td>
<td>9:37.09</td>
<td>Caitlin Lane</td>
<td>Gansevoort, NY</td>
<td>07/30/05</td>
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<tr>
<td>100m Hurdles</td>
<td>13.80</td>
<td>Quenne Dale</td>
<td>Ypsilanti, MI</td>
<td>07/29/12</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>58.26</td>
<td>Ebony Collins</td>
<td>Los Angeles, CA</td>
<td>07/31/05</td>
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<tr>
<td>2000m Steeplech.</td>
<td>6:56.97</td>
<td>Eleanor Fulton</td>
<td>Lone Tree, CO</td>
<td>07/22/08</td>
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<tr>
<td>3000m Race Walk</td>
<td>14:29.81</td>
<td>Lisa Kutzinger</td>
<td>Port Jefferson, NY</td>
<td>07/30/95</td>
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<tr>
<td>5000m Race Walk</td>
<td>26:46.00</td>
<td>Dana Vered</td>
<td>Paramus, CA</td>
<td>07/28/04</td>
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<tr>
<td>4x100m Relay</td>
<td>45.51</td>
<td>Dallas Gold TC</td>
<td>Dallas, TX</td>
<td>07/26/08</td>
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<tr>
<td>4x400m Relay</td>
<td>3:38.37</td>
<td>United Stars</td>
<td>Indianapolis, IN</td>
<td>07/28/05</td>
</tr>
<tr>
<td>4x800m Relay</td>
<td>8:54.95</td>
<td>United States</td>
<td>Philadelphia, PA</td>
<td>07/27/05</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.82m / 5' 11¾&quot;&quot;</td>
<td>Shanay Briscoe</td>
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<td>07/28/07</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>4.00m / 13' 1½&quot;&quot;</td>
<td>Katie Veith</td>
<td>Fort Wayne, IN</td>
<td>07/29/05</td>
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<tr>
<td>Long Jump</td>
<td>6.15m / 20' 2¼&quot;&quot;</td>
<td>Kathy Harrison</td>
<td>East Point, GA</td>
<td>08/15/80</td>
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<tr>
<td>Triple Jump</td>
<td>12.94m / 42' 5¼&quot;&quot;</td>
<td>Ciara Brewer</td>
<td>Union City, CA</td>
<td>07/30/09</td>
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<tr>
<td>Shot Put</td>
<td>15.19m / 49' 10¼&quot;&quot;</td>
<td>Michelle Carter</td>
<td>Ovilla, TX</td>
<td>07/27/01</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>46.61m / 152' 11¾&quot;&quot;</td>
<td>Ashlie Blake</td>
<td>Las Vegas, NV</td>
<td>07/28/11</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>46.84m / 153'8¾&quot;&quot;</td>
<td>Lauren Chambers</td>
<td>Acworth, GA</td>
<td>07/26/07</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>46.53m / 152' 8¾&quot;&quot;</td>
<td>Rachel Walker</td>
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<td>07/29/00</td>
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<tr>
<td>Heptathlon</td>
<td>5052 pts.</td>
<td>Shana Woods</td>
<td>Long Beach, CA</td>
<td>07/29/04</td>
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### 17-18 Women

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<tr>
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<th>Performance</th>
<th>Name</th>
<th>Home City</th>
<th>Date</th>
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<tbody>
<tr>
<td>100m</td>
<td>11.1h</td>
<td>Michelle Glover</td>
<td>Pennsauken, NJ</td>
<td>1980</td>
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64
200m 23.24 Victoria Jordan  Fortworth, TX  07/29/07
400m 51.31 Monique Henderson  California  07/27/00
800m 2:05.27 Sarah Bowman  Knoxville, TN  07/24/05
1500m 4:26.39 Cecilia Hopp  Cos Cob, CT  08/02/81
3000m 9:37.24 Dana Boyle  Carbondale, CO  07/30/98
100m Hurdles 13.35 April Williams  Dallas, TX  07/29/06
400m Hurdles 57.67 Turquoise Thompson  Lakewood, CA  07/27/08
2000m Steeplech. 6:54.37 Alyssa Allison  HUC, MO  07/22/08
3000m Race Walk 14:49.26 Robyn Stevens  Vacaville, CA  07/27/00
5000m Race Walk 25:20.51 Robyn Stevens  Vacaville, CA  07/25/01
4x100m Relay 44.43 Dallas Gold Track Club  Dallas, TX  07/29/07
  (Lakeidra Stewart, Alex Pedram, Brittany Carr, Victoria Jordan)
4x400m Relay 3:35.51 United Stars A  Philadelphia, PA  07/29/01
  (Evelyn Dwyer, Dominique Darden, Danielle Rogers, Tiffany Abney)
4x800m Relay 8:50.72 United Stars  07/29/07
  (Ije Iheoma, Benita Taylor, Syeeda Gee, Channelle Price)

High Jump 1.85m / 6' 0¾ Adrienne Sims  Fayetteville, NC  07/25/96
Pole Vault 4.21m / 13' 9¾ Natalie Willer  Omaha, NE  07/25/08
Long Jump 6.36m / 20' 10¾ Angela Henry  Omaha, NE  07/29/94
Triple Jump 13.01m / 42' 8¾ Alicia Broussard  Houston, TX  07/28/96
Shot Put 16.41m / 53' 10¾ Christina Hillman  Dover, DE  07/25/12
Discus Throw 52.49m / 172' 2 Cindy Johnson  Mesa, AZ  08/01/82
Hammer Throw 54.60m / 178' 2 Avana Story  College Park, GA  07/23/12
Javelin Throw 52.30m / 171' 7 Avione Allgood  Las Vegas, NV  07/31/11
Heptathlon 5365 pts. Diana Pickler  Sache, TX  07/25/01

Pentathlon (new) = new scoring with 80m Hurdles

Updated records and a records application can be found at
http://www.usatf.org/groups/youth/statistics.asp
2013

USA TRACK & FIELD™

BY-LAWS
USATF BYLAW/REGULATION INTERPRETATION ADVISORY
(Consult USATF Governance Handbook for Regulation 4)

The following is information on eligibility to compete in Youth Athletic Competitions with respect to the athlete’s USATF Association and Club Affiliation.

**REGULATION 4 REPRESENTATION**

A. General: An athlete shall be considered a member of the Association in which the athlete is a bona fide resident except as otherwise provided in paragraph B below:

B. Residency exceptions:

1. Residency exceptions: Except as provided in Article VI, Section 1, Youth Athletics, Rule 300, General Rules, 1 (h) of the USATF Competition Rules, USATF shall permit an athlete to transfer membership to an Association other than the one in which the athlete resides.

Below you will find USATF Legal Council advisory, in Q&A form. This should provide a consistent interpretation of what constitutes “representation of a club” and thus allow our associations to deal with this situation in a more efficient manner.

1. **How long must an athlete wait prior to transferring from one club to another?** There is a 90 day “waiting” period for transferring from one USATF member club to another USATF member club (See Regulation 4-C-2). The 90 days is measured from the date the athlete last competed in a USATF sanctioned competition. An athlete is not eligible to represent a club in a USATF sanctioned competition if he/she has represented another club during the previous 90 days.

2. **Where can representation occur?** Representation can only occur in a USATF sanctioned competition. (See USATF Regulation 4-C-2). Thus, competition in an event not sanctioned by USATF does not constitute representation.

3. **What factors may determine the intent of an athlete to represent a club?** The following may be used to determine the athlete’s intention to represent a club: a) club name appears on a submitted entry form or seed card, b) club affiliation is indicated in the results, and c) club uniform is worn by the person. A USATF membership application that indicates a club on it may be used to show intent if the date of application is proximate to the date of the competition in question.

4. **Does an athlete and/or club have to be a member of USATF at the time of representation?** Yes, Pursuant to Regulation 4-A-1, “An athlete may compete as a representative of a local club, educational institution, or other organization,
and additionally may be listed as competing for a club and/or sponsor, subject to USOC Regulations. The club and athlete must be members in good standing of USATF.”

If a club is not a current member organization, athletes may not officially represent that club in competition.

**Rule 300.1 (h)**
A Youth Athlete must compete in the Association of residence in which they permanently reside. ‘Permanent Residency’ is defined as the address of residence of the youth athlete’s parent/legal guardian on the day of the close of registration. Proof of residency can be provided by Tax Statements, or utility bills at the place of residency. Youth athletes can compete in their Association of Permanent Residency as an unattached athlete or as a member of a club and represent the said club by wearing a team uniform and participating on a relay.

**The following are exceptions to this rule:**

i. Athletes that live with one custodial parent/legal guardian in the summer in one Association and another custodial parent/legal guardian in another Association during the school year shall be considered permanent residents of both Associations. These athletes may choose to only have one membership number under one Association, but will have the right to compete with a different club in the residence of summer and have all rights and privileges of that Association. Proof of legal guardianship may be requested for proof of residency. It shall be the sole responsibility of the applying athlete to secure and furnish all necessary documentation to substantiate any request for consideration of an application of this rule.

ii. Athletes that have no parent/legal guardian residing in an Association may compete in that Association for ‘just cause’ with the approval of both the Youth Chair and Membership Chair of both the Association of ‘Permanent Residency’ and the association of ‘Non-Residency’. Non-Residence athletes may not represent a club or wear a club uniform in the Association of ‘Non-Residency’.

iii. Athletes that have no parent/legal guardian residing in an Association may compete in a bordering Association for ‘just cause’ with the approval in writing of both the Youth Chair and Membership Chair of both the Association of ‘Permanent Residency’ and the Association of ‘Non-Residency’ and placed on file in the National office.
The aforementioned exceptions still do not permit youth athletes to “transfer” their memberships. Youth Athletes must instead complete and submit a waiver to compete in an Association of Non-Residence which should be signed by the youth chair and membership chairs of the two associations confirming agreement and approval.

Please contact your youth chair to obtain this form.
SUGGESTIONS FOR ORGANIZING AND PROMOTING A YOUTH COMPETITION

ORGANIZING COMMITTEE This committee should bring together a representative cross section of a community or area - track and field leaders and coaches, newspaper and radio, business, service clubs, Conventions & Visitors Bureau, industry, civic officials and labor - to consider the idea to bid on a youth competition.

Items to be discussed include type of meet, date of competition, facilities available, tentative list of teams and available athletes, tentative budget and the recommendation for selection of a chairman. After a chairman is selected, the committee should choose a meet director - someone who has a thorough understanding of track and field and has a good relationship with schools, colleges and clubs of the region.

MEET DIRECTOR In the smallest or the largest meet, the Meet Director is the key to the entire presentation. He/She must be a person who not only understands the sport but must also be able to direct the efforts of others and have a general understanding of all aspects of meet planning. Subsequently, the Organizing Committee should create and select a Games Committee as the working organization for the Meet Director.

GAMES COMMITTEE Many of the members of the Organizing Committee will have a desire to serve on the Games Committee. The primary purpose of the Games Committee is to give the Meet Director assistance and guidance in specialized areas of track and field promotion. This committee should have as members, individuals who have experience in finance, housing, transportation, publicity, radio and television, advertising, printing, community leadership, etc. This group will offer technical know-how as well as contacts and personal relationships for the overall meet promotion.

CHECKLIST OF HELPFUL SUGGESTIONS

SANCTION: Obtain sanction for participation of athletes and teams as required by the local Association of USA Track & Field. Remember that your competition must be conducted exclusively under the auspices of USA Track & Field.

DATE: Notify athletes, schools and clubs through proper channels of the event date. This should be done several months in advance of the event date.

ENTRY SHEETS: Prepare a proper entry form to comply with requirements of your USATF Association. Entry for the Junior Olympic program must be conducted thru the online entry system selected by the Youth Executive Committee.

ENTRY FEES: Determine fee, if any, to be charged. This should be in line with fees charged by other meets and in accordance with the national guidelines.

PROMOTION: Select a publicity director who is well versed with the sport and who has a good relationship with local newspapers in sports and general news. Early releases relating to the planning and progress of the meet are important.
Suggestions for Organizing and Promoting a Youth Competition

TENTATIVE SCHEDULE OF EVENTS: As soon as the format of the meet has been developed, the Meet Director should organize a tentative schedule of events. The best guidance for this task is knowledge of the events and the rule book. The schedule must not only follow a proper order but the interval of time between each event must allow for the completion of the previous event and the calling of the next event. Other details should acknowledge the variety of events to maintain spectator interest.

AWARDS: The Games Committee should appoint an awards committee early in the planning stages to determine appropriate awards for all events and places. USATF furnishes awards for the Junior Olympic Program (see page 40).

PROGRAM: The program is one of the strongest aspects of a meet. A good program brings spectators back next year and is also a document which athletes' prize. Advertising sales, program editing and program sales are all important. An editor should be selected. The Games Committee should take on the task of personal contacts for advertising. Sometimes a local service organization such as the Junior Chamber of Commerce will assist with the task for the public service recognition.

OFFICIALS: Working with your local USATF officials association is very important. No meet can be properly conducted without competent officials. The supervisor of track and field officials for your local Association of USA Track & Field's Officials Committee should be notified of your requirements at least three months before your meet is presented. All officials, including the referee and starter, should be requested.

INFORMATION FOR ATHLETES, TEAMS AND COACHES: Make certain that detailed information is mailed in advance to all persons concerned with the actual competition and that up-to-date information is being posted to your website.

TRANSPORTATION AND HOUSING: If out of district athletes are participating in your meet, a sub-committee should arrange all arrangements for their arrival and departure. Again, local service groups like to assist with transportation. Your convention bureau or motel-hotel association can be a great help.

STADIUM: Preparation of stadium and track should be arranged sufficiently in advance to permit modifications and improvements of facilities if necessary.

CEREMONIES AND PAGEANTRY: The Games Committee should determine what ceremonies and pageantry should go with the meet. Remember that the most important aspect of the affair is the competition.

POLICING: A local police representative should be invited to serve on your Games Committee. With this relationship you may avoid off-duty officer charges. They will assist with traffic and crowd control.

TRAINERS: First aid, medical and training facilities for athletes are important. Local school and club trainers are often willing to assist if supplies and facilities are provided by the meet. You should also have a doctor on your Games Committee.
PRESS BOX SERVICE: Have a competent person in charge of the Press Box during the meet. Results from the field should reach the press box immediately after each event. The press steward should have sufficient secretarial help with duplicating equipment to get results to all press as soon as possible.

ANNOUNCER: Do not select someone who likes to talk for the job. Get a genuine authority on the microphone, one that is impartial and has a good voice. He/She will help your meet. He/She should have adequate assistance.

PARKING: Plan ahead for special parking for officials, press, competitors and spectators. This is your problem to work out with the local police officials.

SURVEYOR’S REPORT: Have your facilities surveyed before your meet. Have starts and finishes properly marked, as well as staggerers for relays. Check elevation and levels of field events areas and runways.

BRIEFING OF OFFICIALS: Immediately before start of meet. The meeting is important because they are the persons who carry out the dictates of the rulebook. They should know all about your facilities as related to the assignment.

MEET MANAGER: A meet manager should be appointed to direct the mechanics of the meet on the day of competition. He should have three assistants: equipment supervisor, field supervisor and track supervisor. They are concerned with the equipment and mechanics of their assignment, which is determined by the Meet Director.

MEET EQUIPMENT: The Games Committee, through the Meet Director, shall determine that all equipment specified in the USA Track & Field Competition Rules be available and in proper working order at the time of the meet. This includes starting blocks, standards, finishing tape, public address system, jumping pits, lap scoring cards, lights, etc.

RESULTS: Compile meet results for prompt distribution to all competing organizations and the press. If necessary, personally deliver results to local media if they cannot attend the meet.

NAME OF MEET: Finally, always refer to your competition as a USATF Junior Olympics or USATF Youth Athletics meet to avoid confusion. The proper title should appear in all written correspondence, press releases, etc.

QUESTIONS AND INQUIRIES
From time to time there are many unanswered questions or simply a need for clarification. Most of your questions will be answered after studying the USATF Youth Guide, USATF's Competition Rules or the USATF Governance Handbook. (The Governance Handbook includes the Bylaws and Operating Rules of USA Track & Field.) In the event your questions are not fully answered by these three publications, contact your Youth Athletics Association Chair. You may also direct your question to your Regional Coordinator, the USATF National Office or the Youth Athletics Committee.
Bid Timeline for USATF Youth Championships

**BID TIMELINE FOR USATF YOUTH CHAMPIONSHIPS**

To receive a bid proposal packet for the championships listed below, please send an e-mail request to: arionne.allen@usatf.org

**The following USATF Youth Championships are up for bid in 2013:**

2015 USA Youth Outdoor Track & Field Championships
*Open to all Associations for bid*

2015 USATF National Junior Olympic T & F Championships
*Associations from the EAST area may bid*

2015 USATF National Junior Olympic Cross Country Championships
*Associations from the WEST area may bid*

**BID AREAS**

**CENTRAL**
Arkansas
Alabama
Dakotas
Gulf
Illinois
Indiana
Iowa
Minnesota
Missouri Valley
Nebraska
Oklahoma
Ozark
South Texas
Southern
Southwestern
Tennessee
West Texas
Wisconsin

**EAST**
Adirondack
Connecticut
Florida
Georgia
Kentucky
Lake Erie
Long Island
Maine
Michigan
Mid-Atlantic
New England
New Jersey
New York
Niagara
North Carolina
Ohio
Potomac Valley
South Carolina
Three Rivers
Virginia
West Virginia

**WEST**
Alaska
Arizona
Border
Central California
Colorado
Hawaii
Inland Northwest
Montana
Nevada
New Mexico
Oregon
Pacific
Pacific Northwest
San Diego-Imperial
Snake River
Southern California
Utah
Wyoming
TIPS ON BIDDING FOR A NATIONAL CHAMPIONSHIP

1. DETERMINE THE SCOPE OF THE BID - The scope, essential characteristics and requirements for staging successful USA National Championship events vary greatly. Some championships are part of a larger existing event, while others are stand-alone events organized entirely from scratch. Some are large sports and entertainment productions that feature Olympic-caliber athletes, are televised internationally, and pay varying prize purses to the winning athletes, while others are smaller intimate events.

2. DECIDE WHICH CHAMPIONSHIP(s) TO BID FOR - It may be possible to bid for more than one Championship at a time. If this is your first time bidding for a National Championship, and your organization has never conducted a major track & field or road racing competition, we recommend that you consider bidding on a smaller Championship in order to gain experience.

3. CONTACT YOUR LOCAL ASSOCIATION of USA TRACK & FIELD - USA Track & Field is geographically divided into 57 local Associations, all of which conduct local track & field activities in their respective geographic areas. These USATF Associations are experts in conducting local, and in some instances, national-level competitions and may have many of the answers to your questions. We encourage you to work closely with your local USATF Association.

4. CONSIDER ANY SPECIAL REQUIREMENTS - Depending on the type of National Championship event you are bidding for, there will be special requirements and considerations. For example, the USA Youth Track & Field Championships have an anticipated competition pool of over 3,000 athletes. Weather conditions are always a consideration for outdoor Championships and special attention is paid to scheduling of long distance races. Some Championships may require a rights fee and/or minimum prize purse. We recommend that you consult the appropriate USATF Sports Committee Chairperson or the USATF Director of Events & Broadcasting at the National Office at (317) 261-0500 for assistance with these important requirements and considerations.

5. CONTACT PERSONS WITH KNOWLEDGE AND EXPERTISE - Please feel free to contact any of the national officers - all of whom have had experience with Championships - or the appropriate USATF National Office staff, for assistance with your bid.

6. MINORITY PARTICIPATION - It is the policy of USATF to encourage the use of Minority Business Enterprises ("MBE"s"). The purpose of this program is to promote full and equal business opportunities for MBE’s in bid contracting for championship events in accordance with the goals outlined at USATF’s Annual Meeting. USATF serves a racially, culturally, socio-economically and otherwise diverse constituency. The organization seeks to create meaningful opportunities for participation of women, racial and ethnic minorities, and persons with disabilities, as well as encourage their participation in all its activities.

More information can be found on the USATF website at: http://usatf.org/groups/EventDirectors/bids/
2013

OUTREACH & ANTI-DOPING PROGRAMS
USATF’s “Win With Integrity” reaches kids from coast to coast.

The *Win With Integrity* program is a USA Track & Field (USATF) program initiative aimed at educating youth, parents, educators and coaches about the positive results that come from leading a physically active, drug-free lifestyle while living with integrity. A program in which the champions of track and field work directly with young people around the nation, the *Win With Integrity* program has evolved from a start-up program in 2004 into one of USA Track & Field’s most successful initiatives.

“My motto is hard work knows no limit,” says world champion and 2006 Visa Humanitarian Athlete of the Year Lauryn Williams. “I always tell kids that no matter what your circumstances don’t use that as an excuse. Work hard.”

At each Win With Integrity visit, athletes speak to children about living with integrity, staying away from drugs of all kinds, being healthy and staying fit. Children interact with the athletes, asking them questions relevant to their own lives.

For more information on USATF’s Win With Integrity program, visit www.usatf.org
WIN WITH INTEGRITY: CLEAN KIDS PROGRAM

Win With Integrity - Clean Kids Program Continues for 2013

USA Track & Field will continue its youth-focused anti-doping efforts in 2013 by conducting in-competition drug testing at National Youth Championship events. The Win With Integrity - Clean Kids Program is a partnership with the U.S. Anti-Doping Agency (USADA) and is tied to USATF’s Win With Integrity youth outreach program.

In 2008, USATF worked with USADA to distribute educational materials on drug testing and other anti-doping information to youth athletes at USATF’s three youth national championship events. Additionally, athletes in the Youth, Intermediate, and Young divisions were required to view USADA’s Doping Control Process video, which highlights the processes and procedures that occur during an in-competition drug test. In 2009, USATF officially began testing at all Youth National Championships. In 2013, USATF will continue to provide educational materials.

In 2013, drug testing will be conducted at the USA Youth Outdoor Track & Field Championships and World Youth Trials in Edwardsville, IL; USATF National Junior Olympic Track & Field Championships in Greensboro, NC; and the USATF National Junior Olympic Cross Country Championships in San Antonio, TX. Athletes in the 15-16 and 17-18 divisions will be subject to drug testing conducted by USADA.

To learn more about the Win with Integrity - Clean Kids Program visit usatf.org/about/programs/WinWithIntegrity.aspx
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<td><strong>YOUTH PROGRAMS</strong></td>
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<tr>
<td><strong>EVENTS</strong></td>
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### Links

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