

IMPLEMENT WEIGH-IN: Meet Management will provide implements. Personal implements may be used but must be weighed prior to competition each day. Implement weigh-in will be at the Barn near the clerking area. It will open up one hour prior to the first event of each day. The "loss of identity rule" shall apply to all implements except the javelin. All competitors must use blocks and batons provided by meet management.

ATHLETE BIB NUMBERS: Athlete bib numbers must be worn on front unless otherwise instructed. The same number will be used for ALL days of the meet. ***Replacement numbers - \$10.00***

TRAINERS: There will be a medical unit on site at the finish line.

RESULTS: Results will be posted online at www.tomahawktiming.com and at the registration area.

PROTESTS: Protests must be filed within 30 minutes of posting of final results. There will be a \$100.00 cash fee required to file a protest. Protest must be in writing with specific rule in question stated. The fee will be refunded if protest is upheld.

TRACK EVENT CHECK-IN: ***No parents or coaches will be allowed in the clerking area.***

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

Upon closing of a preliminary round track event by the clerk of course, those preliminaries having eight (8) or fewer contestants will be passed on to finals. In such cases only athletes properly checked into the event by the clerk of course prior to closing the semi will be allowed to compete in the final. In this instance, the final will be conducted at the scheduled time for the preliminary round.

FIELD EVENT CHECK-IN: Athletes will report directly to the event venue for field events.

EVENT CONFLICTS: Athletes entered in more than one event that is being contested at the same time must be checked into both events. Notify the official at the event of the conflict. Every effort will be made by meet staff to manage the conflicts. Athletes must follow the directions of the officials for both events on the timeline for reporting back.

RELAYS: A minimum of 4 and a maximum of 6 athletes may be entered for the cost of the relay. Relay teams must wear identical uniforms, top/bottom.

AWARDS: USATF Junior Olympic medals will be awarded to the top five (5) individuals and the top five (5) relay teams in each event of each age division.

ADVANCEMENTS:

The National Junior Olympic Championships will be held from Monday, July 23rd thru Sunday, July 29th in Greensboro, NC. The top 5 athletes at the Region 2 Championships will qualify for the National Championships, in combined events the top 2 athletes will qualify. Information is available at:

<http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp>

NATIONAL ENTRY FEES:

\$10.00 Individual Event \$40.00 Relay
\$26.00 Heptathlon/Decathlon \$22.00 Triathlon/Decathlon

Entries for the USATF National Junior Olympics will be online thru www.athletic.net.

EVENT SCHEDULE

DAY 1 – THURSDAY JULY 12

COMBINED EVENTS:

Heptathlon - 15-16 Girls & 17-18 Girls

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

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

Pentathlon 13-14 Girls & Boys First Call 9:00am; Event Start 9:45am

100M Hurdles; Shot Put; High Jump; Long Jump; 800M(g); 1500M(b)

Pentathlon 11-12 Girls & Boys First Call 10:15am with events beginning at 11:00am

80M Hurdles, Shot Put, High Jump; Long Jump; 800M(g); 1500M(b)

Decathlon -15-16 Boys & 17-18 Boys

First Call 10:45am; Event Start 11:30am

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

DAY 2 – FRIDAY JULY 13

COMBINED EVENTS:

Decathlon: 15-16 Boys & 17-18 Boys

First call at 8:15am with events beginning 9:00am

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

Heptathlon - 15-16 Girls & 17-18 Girls: First call at 9:00am with events beginning 9:45am

Long Jump, Javelin and 800M Run

Triathlon 9-10

Girls: First Call 8:15am with events beginning 9:00am

Boys: First Call 9:15 with events beginning at 10:00am

Shot Put; High Jump; 200M(g); 400M(b)

DAY 2 – FRIDAY JULY 13

FIELD EVENTS:

First Call 7:15am with events beginning at 8:00am

Javelin: 17-18M; 15-16B; 17-18W; 15-16G

Hammer (after javelin): 15-16B; 17-18M; 15-16G; 17-18W

First Call 9:45am with events beginning at 10:30am

Long Jump: 8U G/B; 11-12 G/B; 9-10 G/B

DAY 2 – FRIDAY JULY 13

TRACK EVENTS

First Call for Track 8:45am, events begin 9:30am

1500M Race Walk Final: 9 -10 G -1B; 11 -112 G -1B

3000M Race Walk Final: 13 -114 G -1B; 15 -116 G -1B; 17 -118 W/M

2000M Steeplechase Final - 15-16G; 17-18G; 15-16B; 17-18B

4x800M Relay: 11-12-G/B; 13-14-G/B; 15-16-G/B; 17-18W/M

EVENT SCHEDULE

This is a rolling schedule. Athletes, parents and coaches need to be aware of what events are taking place on the track and in the field events to ensure all athletes are properly checked into their events on time. If you are unsure, visit the field event venue for field events or check with the head clerk for track events.

DAY 3 – SATURDAY JULY 14

First Call Track & Field 8:15am, events begin at 9am

Track events will run Girls followed by Boys unless otherwise noted

3000M Run Final - 11-12G/B; 13-14G/B; 15-16G/B; 17-18M/W

400M Hurdles Semi - 15-16B; 17-18M; 15-16G; 17-18W

200M Hurdles Semi - 13-14G/B

200M Dash Semi - All Divisions

4x100M Relay Final - All Divisions

110M Hurdles Semi - 15-16B; 17-18M

100M Hurdles Semi - 13-14G/B; 15-16G; 17-18W

80 M Hurdles Semi - 11 -12G/B

100M Dash Semi - All Divisions

400M Dash Semi - All Divisions

Field Events First Call 7:15AM, 8:00AM Start

Long Jump: 17-18 G/B; 13-14 G/B; 15-16 G/B

Triple Jump 15-16G/B (after completion of LJ)

Discus: 13-14G/B; 17-18M/W

High Jump: 11-12G/B; 17-18W/M; 13-14G/B

Shot Put: 8UG/B; 9-10G/B; 11-12G/B

Field Events First Call 8:15AM, 9:00AM Start

Pole Vault: 13-14G; 15-16G; 17-18W

Field Events First Call 9:15AM; 10:00AM Start

Aero Javelin (*on soccer field*): 11-12G/B; Mini Javelin 8UG/B; 9-10G/B

Field Events First Call 11:30am; 12:00 Noon Start

Pole Vault: 13-14B; 15-16B; 17-18M

DAY 4 – SUNDAY JULY 12

Track Events - First Call 8:15AM, 9:00AM Start

400M Hurdles Final - 15-16B; 17-18M; 15-16G; 17-18W

200M Hurdles Final - 13-14G; 13-14B

1500M Run Final - All Divisions

400M Dash Final - All Divisions

110M Hurdles Final - 15-16B; 17-18M

100M Hurdles Final - 13-14G; 13-14B; 15-16G; 17-18W

80M Hurdles Final - 11-12G; 11-12B

100M Dash Final - All Divisions

800M Dash Final - All Divisions

200M Dash Final - All Divisions

4x400M Relay Final - All Divisions

Field Events - First Call 7:15am, 8:00AM Start

Triple Jump - 13-14G/B; 17-18W/M; 15-16 G/B

Shot Put - 15-16G;17-18W; 15-16B;17-18M;13-14G; 13-14B

Field Events (after completion of Discus)

Javelin: 11-12G/B; 13-14 G/B

Field Events - First Call 8:15am, 9:00AM Start

High Jump - 9-10G/B; 15-16G/B

DIRECTIONS & PARKING: Parking is available at the campus visitor lot, located right next to the track.
GPS Address: 2000 Pennington Road, Ewing, NJ 08628.

From I-80

Take I-80 East to the U.S. 206/Route 183 exit. Keep right at the fork in the ramp. Merge onto US 206. Take the I-287 South ramp toward Somerville (I-78)/Princeton. Merge onto I-287 South. Take the US 202 South/US 206 South exit. See directions below from *Continue on US 202 South.

From the New York State Thruway

Take the New York State Thruway/I-87 South. Take the I-287 South/Route 17 South exit. Merge onto I-287 South. Take the US 202 South/US 206 South exit. *Continue on US 202 South. At the Flemington Circle, continue on US 202/31 South. Exit US 202/31 onto Route 31 South (Trenton). Follow Route 31 South until the entrance to the College (about 1.5 miles past the junction of I-95, left at the third traffic light).

From I-95 South (Delaware/Philadelphia International Airport)

Using I-95 North, continue into Pennsylvania, through Philadelphia. Continue on I-295 East into New Jersey. Take exit 72 (old exit 4) for Route 31/Pennington Road. Bear to the right off the exit ramp, you will be traveling south on Route 31. At the third traffic light (about 1.5 miles), make a left into the college entrance.

From I-295 South (Camden/South Jersey)

Take I-295 North to exit 72 (old exit 4). Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

From Route 78 (Easton, PA and the West)

Take Route 78 East into New Jersey. Continue to exit 17 (Route 31 South/Flemington and Trenton). Continue south on Route 31 into the Flemington Circle. Take Route 202/31 South. Exit at Route 31 South (Trenton). Follow Route 31 South until the entrance to the college (about 1.5 miles past the junction of I-295, left at the fourth traffic light).

From the Pennsylvania Turnpike (Pittsburgh, PA and Ohio)

Take the Pennsylvania Turnpike/I-276 East to the Philadelphia/US 1 exit. Keep left at the fork in the ramp. Merge onto US 1 North Lincoln Highway. Stay straight to go onto US 1 North. Take the I-295 East exit toward Trenton. Proceed into New Jersey. Take exit 72 (old exit 4) for Route 31/Pennington Road. Bear to the right off the exit ramp, you will be traveling south on Route 31. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

From U.S. Route 1 (New Brunswick and North)

Using Route 1, travel south and take the I-295 North exit toward Philadelphia. Take exit 72 (old exit 4) for Route 31/Pennington Road. Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

From the New Jersey Turnpike (Newark International Airport and North)

Using the New Jersey Turnpike, travel south to exit 7A, Trenton and Shore Points. Follow signs toward Trenton onto I-195 West. Follow signs marked 295 Princeton/Camden. Exit at "I-295 North/Route 1/Princeton." Continue on I-295 North to exit 72 (old exit 4.) Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

From the Atlantic City Expressway

Take the Atlantic City Expressway West (toward PA). The expressway ends at Route 42. Follow Route 42 North to I-295 North. Continue on I-295 North to exit 72 (old exit 4). Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.