



2017 USATF SOUTH ZONE YOUTH INDOOR TRACK & FIELD CHAMPIONSHIPS



Winston Salem, NC
Sunday- February 12, 2017
HOST: USATF North Carolina

- Eligibility:** Open to any USATF registered athlete in the South Zone that falls within the age divisions listed below. The number of events an athlete may enter is based on USATF Youth Competition Rule limits; three events for 8 & Under Division thru 11-12 Division and four events for 13-14 Division thru 17-18 Division. Athletes must be registered as 2017 members with USATF prior to participating. For membership information, go to (www.usatf.org/membership/application/). Birth verification must be submitted prior to online registration for the event. Please submit proof of birth (The form of proof shall be a copy of a birth certificate, passport, certified baptismal record, driver's license, or United States government identification.) to your Association Membership Chair. You can find your membership chair on your local Association website. *It will be helpful to write your membership number on your proof of birth prior to submitting.*
- Relay Teams:** To participate on a relay, all athletes must be current members of the same participating Club. All clubs must be a current 2017 member, in 'good standing' with USATF. All athletes must be in the same age group of each club to compete (No move-ups). High School Division for Relays will apply to the National Indoor Meet only. USATF relay dress code applies.
- Age Division:** Age divisions are determined by year of birth as of Dec. 31, 2017.
8 & Under Division- 2009 & after (**Must be 7 by 12/31/17 to compete in National Meet.**)
9-10 Division- 2007 – 2008
11-12 Division- 2005 – 2006
13-14 Division- 2003 – 2004
15-16 Division- 2001 – 2002
17-18 Division- 1999 – 2000 and 1998 if date of birth is after July 31, 2017
An athlete must compete in his/her age division only.
- Entry Info:** Entry fee is \$8.00 per event - \$32.00 per relay. *Entries can only be made on-line at Athletic.net. Registration deadline is February 7, at 11:59 PM. EST*
- Sanction:** USATF
- Awards:** USATF Indoor Zonal Medals, 1--6th place.
- Rules:** In accordance with 2017 Competition Rule Book.
- Protests:** There will be a \$100.00 fee for all protests. Protests must be submitted to the Protest Referee no later than 30 minutes after a result has been posted. The protest fee will be refunded if the protest is upheld.
- Equipment:** Athletes must use the starting blocks and batons provided by the meet. Throwers can provide their own implements that must be certified prior to use.

Facilities: JDL Fast Track is a 200m flat Mondo track. The field event areas consist of two pole vault runways, two long/triple jump runways, a single throws area and one high jump apron. The oval contains six 42” lanes on oval, eight 42” lanes on sprint straightaway. Additionally, there is a 100m warm-up straightaway with Mondo surface inside facility. (Finish Lynx timing). Concession stands open during meet. No tape decks, radios or glass containers allowed in the facility. Spikes are Limited to 1/4-inch pyramid, No *Pin spikes*. This will be strictly enforced. Athletes will not be allowed to run with longer spikes.

Location: 2505 Empire Drive, Winston-Salem, NC 27103

Directions: From Interstate 40, take exit 189 – US 158/Stratford Rd. At the top of the ramp, turn right onto US 158/Stratford Rd. Go approximately 1.5-2.0 miles and turn left on Kimwell Drive. JDL Fast Track is located at the corner of Kimwell and Empire Drive.

Parking: Spectator parking is located in the front and side of the building. Athlete entrance is in the rear of the building. Buses may park in the parking lot at the rear of the building or on the street.

Packet Pick

Up: Team packets will be available at facility after 7:00 a.m.; coaches meeting at 8:30 a.m.

Meet Director: Frank Davis - dstmeets@durhamstriders.com

Zonal Rep: Jacque Collins - jacquicyd@att.net

Spectators Fee: \$5.00
Seniors 60 years and older is \$4.00
Anyone 6 years and younger is free
Coaches with valid USATF Memberships & Background Screening is free

Advancement: 8 & Under Division/9-10 Division/11-12 Division/13-14 Division must compete in the Zonal Meets in order to qualify for the National Youth Indoor Track & Field Championship. [The top eight in each event/division will be eligible to compete in the USATF Hershey Youth Indoor National Championships March 10-12, 2017 at Ocean Breeze Athletic Complex in Staten Island, NY.](#) 15-16 Division/17-18 Division/ High School Division can compete in this national competition without competing in the qualifying zonal meet. Unique to this competition is combined relays for 15-16 Division and 17-18 Division (High School Division and Club Division). This means that athletes age 15-18 can run on the same relay team for Clubs and a separate Relay for High School Division (All four members must be from the same High School). Relays for 8 & Under Division, 9-10 Division, 11-12 Division, and 13-14 Division are not combined. Please go to www.usatf.org for additional information.

Associations in South Zone

Alabama
Florida
Georgia

North Carolina
Potomac Valley
South Carolina

Southern
Tennessee
Virginia

SCHEDULE OF EVENTS

RUNNING EVENTS: (Start at 9:00 am)

3,000 Meter Run
55 Meter Hurdles (Prelims)
55 Meter Dash (Prelims)
4X200 Meter Relay
800 Meter Run
55 Meter Hurdles (Finals)
55 Meter Dash (Finals)
400 Meter Dash
1500 Meter Run
200 Meter Dash
1500 Meter Race Walk
3000 Meter Race Walk
4x400 Meter Relay

FIELD EVENTS: (Start at 9:00 am)

Shot Put	8 & Under up (Girls followed by Boys)
Long Jump	17-18 Division down (Girls pit # 1, Boys pit # 2)
High Jump	9-10 up (Girls followed by Boys)
Triple Jump	17-18 down (Will follow the conclusion of LJ)
Pole Vault	13-14 up (Girls followed by Boys)

NOTES:

All running events, except for the 55m dash and 55m Hurdles, will be conducted as finals, which will have prelims and finals as indicated. If eight or less checks in for prelims, event will be contested as a final at that time. The meet will run on a rolling schedule. Athletes will be required to check in on first call. In most cases girls run before boys, youngest up.

All competitors in the Long jump, Triple jump and Shot put will be given three attempts with the top eight advancing to the finals.

Only competing athletes and officials will be permitted on the track or infield area, except for medical emergencies

Two calls will be made for each event. Athletes in running events must report to the clerk of course, ready to compete. Field event athletes must report directly to their event. When an athlete is competing in a running event and a field event simultaneously, the athlete must check in at both events, tell the head referee that he/she is also running and must report back to the field event within three minutes of completion of their running event.

HOTEL INFORMATION

USATF SOUTH ZONE Indoor Championships

JDL Fast Track Winston Salem, NC

	PREFERRED HOTEL INFORMATION	HOTEL FEATURES	DISTANCE FROM TRACK / RATES
	Courtyard by Marriott Hanes Mall 1600 Westbrook Plaza Drive Winston-Salem, NC 27103 Reservations Book your group rate Or call: (336) 760-5777	Complimentary grab-n-go breakfast.	<i>Room Rate:</i> \$94.00 JDL – 2.8 miles
	Fairfield Inn & Suites Hanes Mall 1680 Westbrook Plaza Dr. Winston-Salem, NC 27103 Reservations (336) 714-3000	Complimentary hot deluxe breakfast	<i>Room Rate:</i> \$94.00 JDL – 2.8 miles
	Hampton Inn Hanes Mall 1990 Hampton Inn Court Winston-Salem, NC 27103 Reservations (336) 760-1660	Complimentary full hot breakfast	<i>Room Rate:</i> \$92.00 JDL – 2.3 miles

Be sure to ask for the USATF South Zone group rate
Rates do not include applicable sales and occupancy taxes.