



**2013 USATF SOUTH ZONE  
YOUTH INDOOR TRACK & FIELD  
CHAMPIONSHIPS**



**Winston Salem, NC  
Sunday- February 17, 2013  
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 2013 members with USATF prior to participating. For membership information, go to ([www.usatf.org/membership/application/](http://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 2013 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 National Indoor Meet only. USATF relay dress code applies.

**Age Division:** Age divisions are determined by year of birth as of Dec. 31, 2013.  
8 & Under Division- 2004 & after (*Must be 7 by 12/31/13 to compete in National Meet.*)  
9-10 Division- 2003 – 2004  
11-12 Division- 2001 – 2002  
13- 14 Division- 1999 – 2000  
15-16 Division- 1997 – 1998  
17 – 18 Division- 1995 – 1996 and 1993 if date of birth is after July 28, 2013  
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 COACHO.COM. Registration deadline is February 14, at 11:59 PM. EST*

**Sanction:** USATF

**Awards:** USATF Indoor Zonal Medals, 1--6<sup>th</sup> place.

**Rules:** In accordance with 2013 Competition Rule Book.

**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. (FinishLynx 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](mailto:dstmeets@durhamstriders.com)

**Zonal Rep:** Inez Finch Ph: 770-977-1850 Email: [Inezfinch@aol.com](mailto:Inezfinch@aol.com)

**Host Hotel:** Hilton Garden Inn/Hanes Mall, 1325 Creekshire Way, Winston-Salem, 27103  
Phone (336) 765-1298

**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

## **USATF IS HOSTING A NATIONAL YOUTH INDOOR CHAMPIONSHIP**

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 six in each event/division will be eligible to compete in the USATF Youth National Indoor Championships March 9-10, 2013 at Prince George’s Sports and Learning Complex, Landover, Maryland.** 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). This means that athletes age 15-18 can run on the same relay team. Relays for 8 & Under Division, 9-10 Division, 11-12 Division, and 13-14 Division are not combined. Please go to [www.usatf.org](http://www.usatf.org) or [www.youthusatf.org](http://www.youthusatf.org) for additional information.

# SCHEDULE OF EVENTS

The first Running Event starts at 9:00 AM and will continue as a rolling schedule as listed below:

## ORDER OF EVENTS

<u>Event</u>	<u>Ages</u>
3000M Run	(11-18)
55 Hurdle (SEMI)	(11-18) Top 8 times to Final
55M (SEMI)	All ages Top 8 times to Final
400M (Finals)	All ages
1500M	All ages
4 x 200 Relay	All ages
55 Hurdle (Finals)	(11-18)
55M (Finals)	All ages
800M (Finals)	All ages
200M (Finals)	All ages
1500M	Race Walk (Finals) (ages 9-12)
3000 M	Race Walk (Finals) (13-18)
4 x 400 Relay	All ages

## FIELD EVENTS

Shot Put	All ages
Long Jump	All ages
High Jump	(9-18)
Triple Jump	(13-18)
Polevault	(13-18)

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

## FIELD EVENTS WILL BEGIN AT 9:00AM.

Order of field events:

Shot Put	8 & Under Division, 9-10 Division, 11-12 Division, 13-14 Division, 15-16 Division, 17-18 Division (Girls followed by Boys)
Long Jump	17-18 Division, 15-16 Division, 13-14 Division, 11-12 Division, 9-10 Division, 8 & Under Division
High Jump	9-10 Division, 11-12 Division, 13-14 Division, 15-16 Division, 17-18 Division
Triple Jump	13-14 Division, 15-16 Division, 17-18 Division (Will follow the conclusion of LJ)
Polevault	15-16 Division, 13-14 Division, 17-18 Division (Girls followed by Boys)



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

**CHECK-IN:** 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.

### Associations in South Zone:

Alabama	Gulf	South Texas	Tennessee
Florida	North Carolina	Southern	Virginia
Georgia	South Carolina	Southwestern	West Texas

NEW for 2013- Potomac Valley is the host Association for the National Indoor Youth Championship; therefore, they will host their own Zonal Meet. Athletes in Potomac Valley will **not** participate in the South Zone meet. Please go to <http://www.usatf.org/assoc/pva/> for meet information for the Potomac Valley Host Zone.

**USATF SOUTH ZONE  
YOUTH INDOOR TRACK & FIELD  
CHAMPIONSHIPS  
PARTICIPATING HOTELS**

<b>Hotel</b>	<b>Rate</b>	<b>Comments</b>	<b>Cutoff</b>	<b>Contact</b>
Hilton Garden Inn <i>(Host Hotel)</i> 1325 Creekshire Way Winston-Salem, NC 27103 <a href="http://winstonsalem.hgi.com">winstonsalem.hgi.com</a>	\$99.00	Complimentary hot, cooked-to-order breakfast buffet for two per room. <i>JDL – 3 miles</i>	Jan 17	Reservations (336) 765-1298
Courtyard by Marriott 1600 Westbrook Plaza Drive Winston-Salem, NC 27103 <a href="http://Winstonsalemcourtyard.com">Winstonsalemcourtyard.com</a>	\$99.00	Complimentary grab-n- go breakfast. <i>JDL – 2.8 miles</i>	Jan 15	Reservations (336) 760-5777
SpringHill Suites 1025 Marriott Crossing Way Winston-Salem, NC 27103 <a href="http://springhillsuites.com/intsh">springhillsuites.com/intsh</a>	\$99.00	Complimentary hot deluxe breakfast <i>JDL - 2.6 miles</i>	Jan 16	Reservations (336) 765-0190
Hampton Inn 1990 Hampton Inn Court Winston-Salem, NC 27103 <a href="http://winstonsalemi40.hamptoninn.com">winstonsalemi40.hamptoninn.com</a>	\$89.00	Complimentary full hot breakfast <i>JDL – 2.3</i>	Jan 26	Reservations (336) 760-1660

**Be sure to ask for the USATF South Zone group rate**

Rates do not include applicable sales and occupancy taxes.