

**2009 USA TRACK & FIELD / COLORADO  
JUNIOR OLYMPICS**

**DATE:** JUNE 20 AND JUNE 21, 2009  
**TIME:** SAT. 8:00 A.M. TO 5:30 P.M., SUN. 8:00 A.M. TO 3:00 P.M.  
**LOCATION:** LEGACY FIELD, CHEROKEE TRAIL H.S., AURORA  
**SANCTION:** USA TRACK & FIELD/COLORADO  
**SPONSOR:** USA TRACK & FIELD/COLORADO  
**AWARDS:** MEDALS FIRST THRU THIRD, RIBBONS FOURTH THRU SIXTH  
**ENTRY FEES:** \$5.00 PER EVENT, \$20.00 PER RELAY  
**DEADLINE:** **WEDNESDAY, JUNE 17 (RECEIVED), NO LATE ENTRIES  
REGISTRATION INCLUDES ONLINE ENTRY AND MAILED IN  
DECLARATION FORM**

**DECLARATION FORMS MUST BE RECEIVED NO LATER THAN  
WEDNESDAY, JUNE 17, 2009**

**MAIL TO: USATF COLORADO/SHERRY MARKHAM  
1231 WESTWOOD DRIVE  
WINDSOR, CO 80550**

**ONLINE ENTRY INFORMATION COMING SOON**

**ELIGIBILITY:** THE MEET IS OPEN TO ALL USATF/COLORADO REGISTERED ATHLETES  
**LIMITATIONS:** BANTAM 3 EVENTS INTERMEDIATE 4 EVENTS  
MIDGET 3 EVENTS YOUNG M& W 4 EVENTS  
YOUTH 4 EVENTS

**EVENTS:**  
BANTAM (99+)\* 100/200/400/800/1500/400R/1600R/1500RW/HJ/LJ/SP/JAV  
MIDGET (97-98) 100/200/400/800/1500/3000/400R/1600R/3200R/1500RW/80MH  
HJ/LJ/SP/DIS/JAV  
YOUTH (95-96) 100/200/400/800/1500/3000/400R/1600R/3200R/3000RW/100MH  
200MH/HJ/LJ/TJ/SP/DIS/JAV/PV  
INTERMEDIATE (93-94) 100/200/400/800/1500/3000/400R/1600R/3200R/5000RW/100MH  
110MH/400MH/HJ/LJ/TJ/SP/DIS/JAV/PV/STEEPLE M&W  
YOUNG M&W (91-92) SAME AS ABOVE (EXCEPT YM 5000 VICE 3000)  
\* AGE GROUP BIRTH YEAR

**SCHEDULE OF EVENTS**

**SATURDAY JUNE 20**

**TRACK**

7:30 FIRST CALL  
8:00 3000/5000  
9:30 80/100/110MH  
10:30 400R  
11:30 400 (PRELIM)  
12:45 PARADE OF ATHLETES/LUNCH  
1:30 100 (PRELIM)  
3:00 800  
4:15 200 (PRELIM)

**FIELD**

8:00 FIRST CALL  
8:30 LJ(BB,BG,MB,MG),HJ(YB,YG)  
9:00 PV (ALL)  
10:30 LJ(YB,YG),HJ(BB,BG,MB,MG)  
SP(BB,BG,MB,MG)  
12:00 LJ(IB,,IG,YM,YW)  
12:30 HJ(IB,YM)DIS(MG,YG,IG,YW)  
1:00 SP(YB,IB,YM)  
2:30 HJ(IG,YW)

3:00 SP(YG,IG,YW),DIS(MB,YB,IB,YM)

**NOTE: If there is only one heat per age group in a prelim, it will be run as a final on Saturday at the scheduled time. THERE WILL BE “NO ROLL OVERS”.**

### SCHEDULE OF EVENTS

**SUNDAY JUNE 21**

**TRACK:(ALL FINALS)**

8:00 1500  
9:30 200/400MH  
10:15 400 (FINAL)  
11:00 3200R  
12:00 LUNCH  
12:30 100 (FINAL)  
13:00 1500/3000/5000RW  
13:30 200 (FINAL)  
1415 1600R  
1515 STEEPLE\*\*

**FIELD**

9:00 JAV(ALL)  
9:00 TJ(YG,IG,YW)  
10:30 TJ(YB,IB,YM)

**NOTES**

- 1. ALL ATHLETES MUST BE REGISTERED WITH USATF/COLORADO**
- 2. TOP THREE ADVANCE TO THE REGION X CHAMPIONSHIP IN PROVO, UT, JUL 8-11**
- 3. FOR FURTHER INFO CONTACT DON SINCLAIR AT (775) 853-5930/(775) 846-7545**
- 4. ON EXPRESS MAIL DELIVERIES, DO NOT REQUEST SIGNATURE FOR ACCEPTANCE**
- 5. ENTRY FEES FOR WEB ENTRIES AND MAIL IN'S ARE DUE IN HAND BY TUESDAY, JUNE 16.**
- 6. THERE WILL BE NO LATE ENTRIES**