

## 2009 DEVELOPMENTAL MEET SCHEDULE

**Registration Begins at 8:00 am**

(All events youngest–oldest unless noted)

Order of events may vary meet to meet

### **TRACK**

#### **8:45 a.m.**

3000m – Midget and older combined

#### **9:00 a.m.**

Racewalk – (1500M & 3000M) All divisions

#### **9:30 a.m.**

4 X 800m Relay – All but Sub Bantam & Bantam

4 X 100m Relay – All

1500m – All except Sub Bantam

400m – All

100m – All

80m Hurdles – Midget

100m Hurdles – Youth (B/G), Intermediate (G), YW

110m Hurdles – Intermediate (B), Young Men

800m- All

2000m Steeple Chase (IG, IB, YW, YM)

200m – All except Sub Bantam

200m Hurdles – Youth G/B

400m Hurdles – IG, YW, IB, YM

4 X 400m Relay – All

#### **FIELD 9:30 a.m.**

Long Jump – All

High Jump – All except Sub Bantam

Shot Put – All except Sub Bantam

Discuss – Midget, Youth, Intermediate, Young W/M

Mini-Javelin – Bantam, Midget

Javelin – Youth, Intermediate, Young W/M

Triple Jump (follows LJ) – Youth, Intermediate, Young W/M

**10:00 a.m.** – Pole Vault (Youth, Intermediate, Young)

## 2009 Oregon Association Junior Olympic/Open & Master Track & Field Meet Schedule

**Concessions available at all meets.**

**Entry fee: \$5.00**

All meets will follow same schedule as listed



#### **Age Groups for 2009**

Sub Bantam 2001 +

Bantam 1999-2000

Midget 1997-1998

Youth 1995-1996

Intermediate 1993-1994

Young Men/Women 1991-1992



## Junior Olympic, Open, & Masters Meet Schedule

**PLEASE DO NOT CALL ANY NUMBER LISTED HERE AFTER 9 PM**

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### April 18 Hosted by Sherwood Track Club

Sherwood HS, Sherwood, OR (limited events)

**CONTACT:** Jason Humble (503) 333-6817 cell

**Directions to Sherwood High School:** From 99W, head east south of Tualatin-Sherwood Road on Meinecke Road the high school is on the left at 16956 SW Meinecke Road.

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### April 26 Hosted by Salem Track Club

Willamette University, Salem (small adjustment to meet schedule)

**CONTACT:** Dan Joynt (503) 585-9438 [www.salemtrack.org](http://www.salemtrack.org)

**Directions to Willamette University:** From I-5, take exit #253 (N. Santiam, Hwy. 22) west (becomes Mission). McCulloch Stadium will be about ¼ mile on the left past 12<sup>th</sup> Street.

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### May 2 Hosted by Tigard Track Club

Tigard HS, Tigard, OR

**CONTACT:** Ralph Greene 503-706-5355

<http://homepage.mac.com/tigardyouthtrackclub/>

**Directions to Tigard HS:** Take exit 291 Carman Dr toward King City. Turn left on Carman Dr. which becomes SW Upper Boones Ferry Rd. Turn left onto SW 72<sup>nd</sup> Ave/SW Upper Boones Ferry Rd. Turn right onto SW Durham Rd.

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### May 9 Hosted by Sherwood Track Club

Sherwood HS, Sherwood, OR

**Directions to Sherwood High School** (See April 18<sup>th</sup>)

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### May 16 Hosted by Team Oregon, USA Club

Sam Barlow HS, Gresham, OR

**CONTACT:** Doug Bowman (503) 869-4583, [www.teamoregonusa.com](http://www.teamoregonusa.com)

**Directions to Sam Barlow HS:** Take I-84 east. Take the Troutdale exit. From the exit, turn south at the Outlet Mall and travel south for approx. 3 miles until Division St. Turn east on Division St. and travel to 302<sup>nd</sup> St. Turn right (south) on 302<sup>nd</sup> and travel approximately ¾ mile to Lusted road. Barlow is at the corner of Lusted Rd. and 302<sup>nd</sup> St.

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### May 30 3<sup>rd</sup> Annual Mid Willamette Valley

**All Jumps/Throws Meet** (no running events or hammer)

**Hosted by Vertical Vault Club** Cascade High School, Turner, OR

**CONTACT:** Paul Wilson (503) 393-2810

**Directions to Cascade High School:** Take I-5 to Salem exit Kuebler. Turn East on Kuebler. Turn Right onto Turner Rd SE. (becomes 3<sup>rd</sup> St SE). Turn Left onto Denver St SE. (becomes Mill Creek Rd SE/Marion Rd SE). Turn Right onto Marion Rd SE. Turn Right to stay on Marion Rd SE. High School address is 10226 Marion Rd SE.

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### May 30 & 31 Combined Events Developmental

**Hosted by Salem Track Club** Willamette University, Salem

**CONTACT:** Dan Joynt (503) 585-9438 [www.salemtrack.org](http://www.salemtrack.org)

**Directions to Willamette University:** (see April 26<sup>th</sup> meet)

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### June 6 Throws Meet Youth, Open & Master Athletes

(Shot, Discus, Turbo & Javelin & Hammer)

Concordia U. Throws Center, Portland, Or

**CONTACT:** Doug Bowman, (503)869-4583

[www.teamoregonusa.com](http://www.teamoregonusa.com)

**Directions to Throw Center:** Take 1-5 North, take the Marine Drive exit east. Turn right on 33<sup>rd</sup> South before you get to the airport. Approx. ½ mile you will see the Throw Center on the right.

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### June 20 Hosted by Emerald Valley

So Eugene High School, Eugene

**CONTACT:** Jim McWilliams 541-485-7334

**Directions: from Portland and the North:** From I-5, take Exit 194b on I -105 West. Take Exit 2, keep left. follow the signs to UO. Stay in the left lane over the ferry St Bridge, exiting onto Broadway, which become Franklin Blvd to Patterson St, take right on E. 19th St and SEHS is located on the left. Parking also on 24th and Amazon. **From Ashland and the South:** From I-5 North, take Exit 192. Merge on Franklin Blvd past the U of O for about 1 mile then take a left on Patterson then right on E. 19th and SEHS will be located on the left. Parking also on 24th and Amazon.

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**You may also be interested in this great event....**

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### July 17-19 Track City Classic

Hosted by Track City, Hayward Field Eugene, OR

**CONTACT:** Erin Regali 541-345-3285

**Directions: From Portland and the North:** From I-5, take Exit 194B on I-105 West. Take Exit 2, keep left. follow the signs to UO. Stay in the left lane over the Ferry St Bridge, exiting onto Broadway, which becomes Franklin Blvd. Follow Franklin Blvd to Agate St. Turn right on Agate. right onto East Thirteenth Ave. **From Ashland and the South:** From I-5 North, take Exit 192. Merge on Franklin Blvd. After merging, get in the left lane and through 3 lights. (Look for a "UO Next Left" sign as you drive west on Franklin Blvd.) At the 4th light, turn left on East Thirteenth Ave. Proceed two blocks to the four-way stop sign at Agate St.



## **Sportsmanship Guidelines for Parents, Coaches and others**

Coaches and parents are tremendous assets to our youth athletes in track and field and this association is extremely grateful for your cooperation, support, and loyalty. We expect athletes to hold themselves to high standards of sportsmanship as outlined in the USATF 2008 Competition Rule Book and hope parents, coaches and others will themselves serve as role models for our youth athletes by exhibiting high standards of sportsmanship as well. We must never lose sight of the fact that the participants in youth athletics are only "youngsters".

Officials and meet management personnel are there to help make this a positive experience for everyone, especially the athletes. Please treat them accordingly. The following guidelines should be adhered to at all times:

- 1) Knowing and understanding the rules of track and field.
- 2) Showing respect for officials and their decisions.
- 3) Showing respect for opponents at all times.
- 4) Recognizing and appreciating the varying skill levels of all athletes participating.
- 5) Maintaining self-control at all times.
- 6) Showing a positive attitude when cheering.

Sanctions may be considered toward parents, coaches, and/or teams that do not adhere to these policies.

## **Summer 2009 Championship Schedule:**

**NOTE:** These meets require pre-registration.  
All Oregon Championship meet entries shall be done online at the USATF/Oregon website: [www.usatf-oregon.org](http://www.usatf-oregon.org)  
(From the main menu page, click on the "Youth" link)

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<b>June 13-14</b>	<b>NW Youth Club Championship</b> Willamette Univ., USATF Oregon <u>For more information contact:</u> USATF Office, (541) 504-1077
<b>June 25-26</b>	<b>Oregon Junior Olympic/Open/Masters Combined Event Championships,</b> Willamette Univ. <u>For more information contact:</u> USATF Office, (541) 504-1077
<b>June 27-28</b>	<b>Oregon Junior Olympic Track &amp; Field Championships,</b> Willamette Univ. <u>For more information contact:</u> USATF Office, (541) 504-1077
<b>June 30-July 5</b>	<b>National Youth Outdoor Champ.</b> Ypsilante, Michigan
<b>July 9-12</b>	<b>Region XIII Junior Olympic Track &amp; Field Championships</b> Hosted by: Oregon Association Willamette Univ. Contact: Doug Bowman Phone: 503-869-4583 (cell), Email: <a href="mailto:teamoregonusa@comcast.net">teamoregonusa@comcast.net</a>
<b>July 28-Aug. 2</b>	<b>National JO Track &amp; Field Championships</b> Irwin, Belk Track, A & T U., Greensboro, N.C.  <u>For more information:</u> Youth Chair: Doug Bowman, (503) 869-4583 <a href="mailto:teamoregonusa@comcast.net">teamoregonusa@comcast.net</a> Oregon Association/USATF: (541) 504-1077 <a href="http://www.usatf-oregon.org">www.usatf-oregon.org</a>