



**2012 USATF SOUTH ZONE
YOUTH INDOOR TRACK & FIELD
CHAMPIONSHIPS**



Birmingham, Alabama
Sunday- February 19, 2012
HOST: USATF ALABAMA

ELIGIBILITY:

INDIVIDUALS: 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 Sub Bantams thru Midgets and four events for Youth thru Young. Athletes must be registered as 2012 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 2012 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 December 31, 2012.

Sub Bantam 8 & U 2004 & after (**Must be 7 by 12/31/12 to compete in National Meet.**)
Bantam 9-10 2003 – 2002
Midget 11-12 2001 – 2000
Youth 13 - 14 1999 – 1998
Intermediate 15-16 1997 – 1996
Young 17 – 18 1995 – 1994 and 1993 if date of birth is after July 30, 2012
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: February 15, at 11:59 PM, EST

AWARDS: USATF Indoor Zonal Medals, 1--6th place.

RULES: In accordance with 2012 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: 200 Meter flat Mondo surface, six lanes (8 lanes on straight away) 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 "*Christmas Trees*" or *Pin spikes*. This will be strictly enforced. Athletes will not be allowed to run with longer spikes.

PACKET PICK-UP: Team packets will be available at facility after 7:00 a.m.; coaches meeting at 8:30 a.m.

MEET DIRECTOR: Mary Birdwell 205-862-2477 trakbird2@bellsouth.net

ZONAL REPRESENTATIVE: Inez Finch Ph: 770-977-1850 Email:

Inezfinch@aol.com

THIS IS A USATF SANCTIONED MEET.

SPECTATOR FEE- \$5.00; Coaches with valid USATF Memberships & Background Screening is free

Seniors 60 years and older is \$4.00

Anyone 6 years and younger is free

USATF IS HOSTING A NATIONAL YOUTH INDOOR CHAMPIONSHIP

Sub-Bantam/Bantam/Midget/Youth 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 10-11, 2012 at Illinois State University/Horton Field House, Normal, Illinois.** Intermediate/Young/ High School Division can compete in this national competition without competing in the qualifying zonal meet. Unique to this competition is combined relays for Intermediate and Young division (High School Division). This means that athletes age 15-18 can run on the same relay team. Relays for Sub-bantam, Bantam, Midget, and Youth divisions are not combined. Please go to www.usatf.org or 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 – Sub-Bantam, Bantam, Midget, Youth, Intermediate, Young (Girls followed by Boys)
- Long Jump – Young, Intermediate, Youth, Midget, Bantam, Sub-Bantam
- High Jump – Bantam, Midget, Youth, Intermediate, Young,
- Triple Jump – Youth, Intermediate, Young
(Will follow the conclusion of LJ)
- Polevault – Intermediate, Youth, Young (Girls followed by Boys)

Only competing athletes and officials will be permitted on the track or infield area, except 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
Florida
Georgia

Gulf
North Carolina
Potomac Valley

South Carolina
South Texas
Southern

Southwestern
Tennessee
Virginia
West Texas

HOTEL INFORMATION

**Alabama USATF Youth Zonal Meet
Sunday, February 19, 2012
Host Hotel Information**



Please identify yourself with the track meet to receive these special rates or use the group code or web-link provided

7-9 Miles / 15-17 minutes to Crossplex

Hotels listed below are located off the Lakeshore Parkway exit & includes multiple restaurants and shopping, easy on/off the interstate (I-65) and travel to Crossplex

Best Western Plus Birmingham – King Suites \$85; Family Suites \$95

Complimentary Breakfast & parking.

205-940-9990 <http://www.bestwesternbirmingham.com/USATF>

Drury Inn & Suites Southwest

160 State Farm Parkway Birmingham, AL 35209 – King Deluxe Suites, 2 Queen Suites
Free quickstart Breakfast – Belgian waffles, scrambled eggs, biscuit & gravy, sausage & more. Free 5:30pm Kickback – 5:30-7:00pm each night enjoy a rotating menu of free hot food & cold drinks. Free Soda & Popcorn from 3pm-10pm every night in the lobby

205-940-9500, 1-800-436-1171 Robyn Cooper robyn.cooper@druryhotels.com

www.druryhotels.com **CALL FOR PRICES**

Comfort Inn Homewood – King or Double Queens \$75

Complimentary breakfast & parking

205-916-0465 or www.comfortinnhomewood@yahoo.com Scott Postin

Quality Inn Homewood - \$65 Double, \$60 Queen or King

Complimentary breakfast & parking, microwave & refrigerator in each room, exterior entrances; 205-465-9600

Courtyard Birmingham Homewood – Queen/Queen \$99

Complimentary Parking, onsite restaurant, hot cooked to order breakfast

205-879-0400 www.marriott.com/bhmhw

Residence Inn Birmingham Homewood – One Bedroom Suites with pull out sofa \$99

Complimentary Hot breakfast buffet included, Complimentary Parking

205-934-0044 www.marriott.com/bhmhm

Hotels located Downtown Homewood – 20-25 minutes from Crossplex

Aloft Hotel – 1902 29th Avenue South Birmingham, AL 35209; 205-874-8055

\$124 Queen/Queen, \$124 King

Not just a hotel... a lifestyle. 24 hour Starbucks Coffee, full service restaurant and bar, in room refrigerators, complimentary wireless internet, plush platform beds

Hotels located in Fultondale only 15-18 minutes from Crossplex with Lots of Restaurants in Area

Comfort Suites

1325 Old Walker Chapel Rd; Fultondale, AL 35068, \$89

205-259-2160, contact Sharon Parker

Holiday Inn & Suites

1733 Fulton Road; Fultondale, AL 35068; \$89

205-439-6300, contact Sharon Parker

Hampton Inn

1716 Fulton Road; Fultondale, AL 35068; \$89

205-439-6700, contact Sharon Parker

Hotels located in Hoover near Galleria Mall Area

Embassy Suites Hoover

2960 John Hawkins Pkwy, Hoover, AL 35244, \$129

205-769-3841, contact Ashley Fox

The Wynfrey Hotel

Galleria Circle, Hoover, AL 35244, \$109

205-444-5725, contact Velda Walker-Johnson

Days Inn

1800 Riverchase Drive, Hoover, Alabama 35244; \$55

205-985-7500, contact Dianne King

Hyatt Place

2989 John Hawkins Parkway, Hoover, Alabama 35244, \$99.00

205-988-8444, contact Kathleen Spencer

La Quinta Inn and Suites

420 Riverchase Parkway East; Hoover, Alabama 35244; \$54-\$64

205-403-0096, contact Debra Stamps

Residence Inn Hoover

2725 John Hawkins Pkwy; Hoover, AL 35244; \$99

205-733-1655, contact Janet Hartmann

Courtyard Hoover

1824 Montgomery HWY S; Hoover, Alabama 35244; \$85

205-988-5000