



**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/](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 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--6<sup>th</sup> 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](mailto:trakbird2@bellsouth.net)

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

[Inezfinch@aol.com](mailto: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](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 – 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**

**King and Double Room \$80.00 / 2 Room Family Suites \$99.00**

160 State Farm Parkway Birmingham, AL 35209

Hotel Direct Number - 205-940-9500

Free quick start 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. [www.druryhotels.com](http://www.druryhotels.com)

Follow us! Twitter: DruryHotels | Facebook: DruryHotels  
P. S. Drury Inn & Suites has been recognized by J.D. Power and Associates with the award for "Highest in Guest Satisfaction Among Mid-Scale Limited Service Hotel Chains, Six Years in a Row

**Comfort Inn Homewood** – King or Double Queens \$75

Complimentary breakfast & parking

205-916-0464 or [www.comfortinnhomewood@yahoo.com](mailto: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](http://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](http://www.marriott.com/bhmhm)

**Hotels located Downtown Homewood – 20-25 minutes from Crossplex**

**Aloft Hotel – 1902 29<sup>th</sup> 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, contact Anitra