

# TRACK & FIELD EVENTS LIST

	EVENT	AGE GROUP	GENDER	RESTRICTIONS
<b>J.O.Y. (8-12) TRACK EVENTS</b>				
1	50 m dash	8-10	Boys	One (1) participant per church
2	50 m dash	8-10	Girls	One (1) participant per church
3	50 m dash	11-12	Boys	One (1) participant per church
4	50 m dash	11-12	Girls	One (1) participant per church
5	200 Shuttle Relay	8-10	Boys	One (1) relay team per church
6	200 Shuttle Relay	8-10	Girls	One (1) relay team per church
7	200 Shuttle Relay	11-12	Boys	One (1) relay team per church
8	200 Shuttle Relay	11-12	Girls	One (1) relay team per church
<b>J.O.Y. (8-12) FIELD EVENTS</b>				
9	Softball throw	8-10	Boys	Unlimited entries
10	Softball throw	8-10	Girls	Unlimited entries
11	Softball throw	11-12	Boys	Unlimited entries
12	Softball throw	11-12	Girls	Unlimited entries
13	Long Jump	11-12	Boys	Two (2) participants per church
14	Long Jump	11-12	Girls	Two (2) participants per church
<b>G.O.Y.A. (13-18) TRACK EVENTS</b>				
15	100 m	13-15	Boys	One (1) participant per church
16	100 m	13-15	Girls	One (1) participant per church
17	100 m	16-18	Boys	One (1) participant per church
18	100 m	16-18	Girls	One (1) participant per church
19	400 m	13-15	Boys	One (1) participant per church
20	400 m	13-15	Girls	One (1) participant per church
21	400 m	16-18	Boys	One (1) participant per church
22	400 m	16-18	Girls	One (1) participant per church
23	800 m	13-15	Boys	One (1) participant per church
24	800 m	13-15	Girls	One (1) participant per church
25	800 m	16-18	Boys	One (1) participant per church
26	800 m	16-18	Girls	One (1) participant per church
27	1600 m	13-15	Boys	Two (2) participants per church
28	1600 m	13-15	Girls	Two (2) participants per church
29	1600 m	16-18	Boys	Two (2) participants per church
30	1600 m	16-18	Girls	Two (2) participants per church
31	400 m Relay	13-15	Boys	One (1) relay team per church
32	400 m Relay	13-15	Girls	One (1) relay team per church
33	400 m Relay	16-18	Boys	One (1) relay team per church
34	400 m Relay	16-18	Girls	One (1) relay team per church
35	10,000 m	13-15	Boys	Unlimited entries
36	10,000 m	13-15	Girls	Unlimited entries
37	10,000 m	16-18	Boys	Unlimited entries
38	10,000 m	16-18	Girls	Unlimited entries

<b>G.O.Y.A. (13-18) FIELD EVENTS</b>				
39	Long Jump	13-15	Boys	Two (2) participants per church
40	Long Jump	13-15	Girls	Two (2) participants per church
41	Long Jump	16-18	Boys	Two (2) participants per church
42	Long Jump	16-18	Girls	Two (2) participants per church
43	Shot Put	13-15	Boys	Two (2) participants per church
44	Shot Put	13-15	Girls	Two (2) participants per church
45	Shot Put	16-18	Boys	Two (2) participants per church
46	Shot Put	16-18	Girls	Two (2) participants per church
<b>ADULT EVENTS</b>				
47	10,000 m	19-29	Men	Unlimited
48	10,000 m	19-29	Women	Unlimited
49	10,000 m	30-39	Men	Unlimited
50	10,000 m	30-39	Women	Unlimited
51	10,000 m	40-49	Men	Unlimited
52	10,000 m	40-49	Women	Unlimited
53	10,000 m	50-59	Men	Unlimited
54	10,000 m	50-59	Women	Unlimited
55	10,000 m	60+	Men	Unlimited
56	10,000 m	60+	Women	Unlimited

1. Registration will be done on line through DirectAthletics:  
<https://www.directathletics.com/index.html> Substitutions will NOT be permitted the day of the meet. All athletes must be registered by May 23 at 11:59 PM through DirectAthletics.
2. Participation limit: Three (3) track and two (2) field events per athlete
3. Four (4) athletes per relay team. J.O.Y. age athletes only in that age groups relays.
4. J.O.Y. athletes may compete in G.O.Y.A. relay teams, but not both.
5. Athletes may NOT wear spikes in any events. Track shoes with the metal portions removed may be used; otherwise flat running shoes only will be allowed.
6. Starting blocks will not be used.
7. Scratch Meetings will take place before each event at the clerking area for running events, and at the participation area for field events.

# **TRACK & FIELD REGISTRATION PROCESS**

The registration process for the 2018 Jr Olympics (Jr. Oly's) will be carried out this year through an on-line process by a company known as DirectAthletics.com (DA). Their web site can be accessed at: <https://www.directathletics.com/index.html> This is a well-known professional Track and Field (T&F) registration service that is used by thousands of teams throughout the country to register for middle school, high school, collegiate and club T&F meets.

The process will include the creation of an account by your Church team with DA. Coaches will then create a team account on line with DA by entering your athletes and their events into the DA system (no charge for this part of the process). Once you have created your team account and team roster, you will be invited to enter the Jr Oly's track meet by the Registration Event Manager who will contact you through DA. Coaches must include adult participants who will be competing in the 10,000m (10k) run as part of your team. The DA system is set up to accept age group entries for the 10K. After you have been invited to enter your team, entering the meet will entail simply dropping your team roster into the meet (see instructions).

The first day to create the team account and download your athletes to the DA web site will be **April 1, 2018 at about 9:00 AM.**

Once you make your entries, you will be able to make as many changes and/or corrections to your team rosters (add/drop/etc.) **until May 23 at 11:59 PM, at which the entry system will close**, and there will be no further entries into the track meet. Only drops on the *day of the T&F meet* will be allowed.

Attached is an instruction sheet from DirectAthletics entailing the process you will use to create and account on DA and enter your team roster and events.

New this year will be the addition of a T&F timing company that will create the meet entry lists from the team data that Coaches download to DA. The timing company will then create the heat sheets for the running events, setting the athletes into their respective age group/gender and lane assignment for the running events. Field event competitors will be set into their respective age/group and flight assignments in the same way by the timing company. The timing company will provide finish and performance lists after the completion of each event, and clerking staff will post this information at a results board at the stadium.

Questions and concerns must be directed to Dimitri Georges (Registration Event Manager), who is your liaison for the entry process. His email address is: [dggeorges@comcast.net](mailto:dggeorges@comcast.net). Please **do not contact DA directly** for questions and concerns.

## How to Submit Online Entries

### STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

*Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.*

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a> 2) Click “Sign Up”. 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

**\*\*NOTE ABOUT MEN’S AND WOMEN’S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women’s team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

**Example:**    **Sport:** Track & Field    **Team:** Ridgewood (Men)

This indicates that you are controlling the MEN’S team. To switch to your Women’s team, you would select “Ridgewood (Women)”.

### STEP 2--SETTING UP YOUR ONLINE ROSTER

*Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.*

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green “Add Athletes” link.
- 3) Click the green “Add Athletes” link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes’ First Name, Last Name, and School Year and click “Submit”.
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green “Add Athletes” link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red “Delete Selected” link or the blue “Edit Selected” link respectively.

### **STEP 3--SUBMITTING ONLINE MEET ENTRIES**

*Once your athletes are added to your roster, you must submit your entries.*

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the “Finish” link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.