



LONG BEACH SPRINTERS TRACK CLUB



Annual Invitational

Updated 4/15/19

Date: Saturday April 27th and Sunday April 28, 2019

Site: Warren High School
8141 De Palma St, Downey, CA 90241

Starting time : 8:00 am Running Events – First Call 7:45am 8:00 am Field Events – First Call 7:30 am

Meet Director : Deborah Reid 310-346-4149 & Scoey Peters 562-712-1841

Eligibility: 2019 SCA rules require that all participants have a valid 2019 USATF membership. Membership may be done online at www.usatf.org Entries opened to any Boy or Girl, per their year of birth, in the following Divisions:

- 8 & Under.....2011 & Later
- 9 - 10.....2010 - 2009
- 11 - 12.....2008 - 2007
- 13 - 14.....2006 - 2005
- 15 - 16.....2004 - 2003
- 17 - 18.....2002 - 2001

Limitation: 8 & under, 9-10 and 11-12 are limited to three events. 13-14 and above are limited to four events. **8 & under age 5 & 6 by December 31 are restricted to**

100M, 200M, Long Jump, Mini-Javelin Shot Put, 4x100M Relay & 4x400M Relay).

Surface: All-Weather Track and Runway. Restricted 3/16” Pyramid Spikes 1/4 Spikes.

Registration: To register individuals, unattached, and Teams, go online www.athletic.net. Online entry deadline is midnight (PST), Wednesday, April 24, 2019.

Packet Pick Up: Begins at 6:45am on day of event at Registration booth. **Please note:** The clerk **will not** accept entry tags that have been changed or altered.

Entry Fee: \$3.50 per individual event and \$14.00 per relay. Entries fees are non-refundable and must be paid by cash, money order, of club check made payable



to “Long Beach Sprinters Track Club”. Unattached entries to be paid in cash or money order. **(NO PERSONAL CHECKS WILL BE ACCEPTED)**



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Late entries: \$7.00 per individual event and \$28.00 per relay. **Late entry table will close at 10:30 on both days.**

Protests: Must be made in writing (rule number must be indicated with a \$50.00 cash deposit within 30 minutes of posted result). Protest sheets will be available and must be returned to the registration table.

Awards: Custom medals will be awarded to the first, second and third place. Custom ribbons will be awarded to fourth through eighth place in each event.

Concession: Will be provided On-Line under www.scausatf.org Food and Drinks will be available for purchase

Check-In: All participants in running events must check in at the Clerk of the Course when their events are called. Events check-in will close 10min after 3rd call - No Exceptions. Field event participants must report directly to the official on the field in charge of the event when called.

Parking: \$5.00 per car (in/out allowed). The City of Downey is strict with parking restriction and will ticket & tow for illegal parking. Please respect all posted parking restrictions LBS will not be liable for illegal parking of its guest. **Tents and large umbrellas are restricted to the top rows on both sides of the track.**

Uninvited guest: Please advise all parents and athletes **DO NOT** patron uninvited vendors; ice cream carts, or other sales person who have not been authorized to sell at our track meet. Authorized vendors will have a staff pass allowing them to sell items on the property. No sales are to be performed in the parking lots or adjacent streets.

Pets: **No** Pets allowed

We are a non-profit track club who greatly appreciates your support for our Concession stands and invited vendors.

MEET WILL TAKE PLACE RAIN OR SHINE





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Annual Invitational

Order of Events

Saturday, April 27, 2019

RUNNING EVENTS – START TIME: 8:00 AM – FIRST CALL 7:45 AM.

1500M Race Walk **F** 9-10/G:B, 11-12/G:B

3000M Race Walk **F** 13-14/G:B, 15-16/G:B, 17-18/YW:YM

3000M Run **F/F** 11-12/G:B, 13-14/G:B, 15-16/G:B, 17-18/YW:YM

100M Dash **S/F** 8&U/G:B through 17-18/YW:YM

400M Dash **F/F** 7&8/G:B through 17-18/YW:YM

4X100M Relay **F/F** 8&U/G:B through 17-18/YW:YM

400M Hurdles (36" / 30") **F/F** 15-16/B, 17-18/YM, 15-16/G, 17-18/YW

200M Hurdles (30") **F/F** 13-14/G:B

4x800M Relay **F/F** 11-12/G:B through 17-18/YM:YM

FIELD EVENTS – START TIME: 8:30 AM – FIRST CALL 7:30 AM.

High Jump **F** 11-12/G:B, 13-14/G:B

Finn Flyer Javelin (450g) **F** 11-12/G:B

Javelin (follows Finn Flyer) **F** 17-18/W:YM, 13-14 G:B, 15-16/G:B

Long Jump (Pit 1) **F** 9-10/G, 17-18/W, 15-16/G, 13-14/G

Long Jump (Pit 2) **F** 9-10/B, 17-18/M, 15-16/B, 13-14/B

Shot Put **F** 13-14G:B, 11-12G:B, 17-18W:M

NOTE:

All **Field Event** Participants must go directly to the Field Event for check-in. **Field Events** will advance 9 to finals. **Race Walk Events** may be combined. **3000M Run** may be combined by Gender. Number of Athletes per **3000M Run** (24, Waterfall, 15-16 & 17-18 may be combined and will use a waterfall with 1 alley)

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Order of Events

Sunday, April 28, 2019

RUNNING EVENTS – START TIME: 8:00 AM.

1500M Run **F/F** 8&U/G:B through 17-18/YW:YM

200M Dash **F/F** 8&U/G:B through 17-18/YW:YM

110M Hurdles (39") **F/F** 15-16(B), 17-18 (YM)

100M Hurdles (33") **F/F** 13-14/B, 15-16/G, 17-18/YW

100M Hurdles (30") **F/F** 13-14/G

80M Hurdles (30") **F/F** 11-12/G:B

800M Run **F/F** 8&U/G:B through 17-18/YW:YM

100M Dash **Final** 8&U/G:B through 17-18/YW:YM

4X400M Relay **F/F** 8&U/G:B through 17-18/YW:YM

FIELD EVENTS – START TIME: 8:30 AM.

High Jump **F** 17-18/YW, 15-16/G, 17-18/YM, 15-16/B, 9-10/G:B

Hammer Throw **F** 15-16G, 17-18W, 15-16B, 17-18M

Discus(to follow Hammer) **F** 11-12/G:B, 13-14/G:B, 15-16/G:B, 17-18/W:M

Triple Jump **F** 13-14/G:B, 13-14/B, 15-16G:B, 17-18W:M

Long Jump (Pit 1) **F** 8&U/G, 11-12/G,

Long Jump (Pit 2) **F** 8&U/B, 11-12/B

Shot Put **F** 9-10/G:B, 8&U/G:B, 15-16/G:B

Pole Vault (Start at 10 or 12 noon) **F** 13-14/G:B, 15-16/G:B, 17-18/W:M

Mini Javelin **F** 8&U G:B, 9-10 G:B

NOTE:

All **Field Event** Participants must go directly to the Field Event for check-in. **Field Events** will advance 9 to finals.

Number of Athletes per **800M Run** (12, 1-Turn Stagger), **1500M Run** (18, Waterfall)

Pole Vault may start as early as 11:00 am.



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