



24<sup>TH</sup> Annual

# JIM BUSH TRACK & FIELD CHAMPIONSHIPS

**2010 Southern California USATF Championships**

**USATF West Region Track & Field Championships**

**SUNDAY, JUNE 6, 2010**



## Mt. San Antonio College, Walnut, CA

**SITE:** Mt. San Antonio College, site of America's largest annual track meet—the Mt. SAC Relays. One of the fastest tracks in Southern California, with excellent throwing and jumping facilities.

**AWARDS:** USATF Championship medals will be awarded to the first 3 place-winners in each event. In addition, 16-inch Silver Traveling Cups will be presented to the winners of the following events:

<i>Men's 110m Hurdles</i>	<i>Men's 3000m Steeplechase</i>	<i>Women's 100 meters</i>
<i>Men's 400m Hurdles</i>	<i>Men's 5000 meters</i>	<i>Women's 800 meters</i>
<i>Men's 100 meters</i>	<i>Men's High Jump</i>	<i>Women's 1500 meters</i>
<i>Men's 400 meters</i>	<i>Men's Long Jump</i>	<i>Women's 3000m Steeplechase</i>
<i>Men's 800 meters</i>	<i>Men's Hammer Throw</i>	<i>Women's 5000 meters</i>
<i>Men's 1500 meters</i>	<i>Men's Discus</i>	

**TIMING:** Fully automatic timing by Flash Results West and FinishLynx.

**ENTRY FEE:** \$25.00 per athlete. (Unlimited events)

**USATF MEMBERSHIP:** All competitors must be a 2010 member of USA Track & Field. A current 2010 membership number will be required to submit an online meet entry. Athletes can join/renew their memberships at [www.usatf.org/membership/application](http://www.usatf.org/membership/application). For athletes entering the meet on-site you will be able to join USATF for the annual fee of \$30.00. (There is an additional \$5 processing fee for issuing USATF memberships for residents of Associations outside Southern California.)

**ENTRY PROCEDURE & DEADLINE:** On-time entries must be made on-line at <http://scausatf.org/events/opentrack.htm> by 11:59pm PDT on **Sunday, May 30**. Athletes must be entered as "unattached" if they are not members of a USATF-registered club. Pre-meet entries will be posted at <http://scausatf.org/events/opentrack.htm> and updated hourly as received. Heats and flights will be posted at [www.flashresults.com/flashwest](http://www.flashresults.com/flashwest) on Thursday, June 3.

**LATE ENTRIES:** Please note the late on-line entry fee is \$30.00.

**ATHLETE CHECK-IN:** **RUNNING EVENTS:** 45-minutes prior to the scheduled start of each running event, competitors must check-in at the **CLERKS TENT near the finish line**—after which those who have not checked-in will be scratched. 20 minutes prior to each running event, runners must return to the Clerk to pick-up their hip number and heat assignment.

**FIELD EVENTS:** 45-minutes prior to the event, competitors must check-in with the Head Judge.

**CERTIFICATION OF IMPLEMENTS:** Throwing implements will be certified at the SE corner of the fieldhouse.

**PARKING/ADMISSION:** Campus parking is free. Spectator admission is \$5.

**RESULTS:** Copies of results will be posted event by event and after the meet at [www.scausatf.org](http://www.scausatf.org) and [www.flashresults.com/flashwest](http://www.flashresults.com/flashwest)

The Southern California USATF Championship celebrates the extraordinary coaching career of Jim Bush. Jim's success as a Southern California high school, junior college, and university coach is without peer. Fullerton High School, Kern County, CA, Bakersfield College, Occidental College, UCLA, the U.S. Track Coaches Association, and USA Track & Field have all inducted Jim into their Hall-of-Fame. Jim has coached 118 NCAA medalists and 30 Olympians. He has been a coach for three USA teams in international competition. Jim spent 53-years coaching several generations of America's Olympic hopefuls. No one is more deserving of having a track meet bearing his name and for that meet to be a worthy legacy.

### Contact for Additional Information:

Eric Barron, Meet Director

Vice President, Southern California Association/ USA Track & Field

Tel (310) 471-8988 Fax (310) 471-8988 E-Mail: [ericbarron@roadrunner.com](mailto:ericbarron@roadrunner.com)

## **ABOUT OUR CUP EVENTS**

The Jim Bush Southern California USATF Championships features 18 Traveling Cup events. In these events, the winners receive a 16-inch silver cup to keep for a year. They must return the Cup to the Championships the following year, and if he or she does not defend their title, the Cup is awarded to the event's winner... and so on.

If you are interested in sponsoring a Cup Event, contact meet director Eric Barron at (310) 471-8988. There is a one-time charge of \$250 for the Cup. Traveling Cups are perpetual and can be named to recognize any Southern California track & field athlete, coach, official or ardent supporter.

### **INFORMATION: 2010 USATF WEST REGION TRACK & FIELD CHAMPIONSHIPS**

*The West Region Track & Field Championships is part of the USATF National Club Championship Series.*

Regional Championships are scored meets among USATF Clubs. Regional Championships are also being contested in the North, South, and Eastern United States prior to the **2010 USATF National Club Track & Field Championships**. For information about those meets, visit [www.usatf.org/events](http://www.usatf.org/events).

- WEST REGION DESCRIPTION:** **This meet is open to all competitors.** However, only USATF members from the following Associations are eligible to score in the West Region Championships:  
*Alaska, Arizona, Border (SW Texas), Central California, Colorado, Hawaii, Inland Northwest, Montana, Nevada, New Mexico, Oregon, Pacific (Northern California), Pacific Northwest, San Diego-Imperial, Snake River (Southern Idaho), Southern California, Utah, and Wyoming.*
- CLUB SCORING:** **All events will be scored 10-8-6-5-4-3-2-1.** For events with multiple heats or flights, places will be determined by the final overall rank order of performances.
- Only USATF member clubs from the West Region are eligible to score in the championships.** In order to score in this Championship, athletes must be bona fide members of a USATF Club. The USATF membership database will be used to verify USATF membership and club affiliations.
- USATF AWARDS:** **USATF Regional Championship Medals** will be awarded to the first 3 place-winners in the "A" sections of each event. **USATF Team Championship Plaques** will be awarded to the highest-scoring Men's and highest-scoring Women's Teams.
- TEAM PRIZE MONEY:** The winning men's and women's team will each receive a **\$500 travel stipend** to support their travel expenses to the **2010 USATF National Club Track & Field Championships** in San Francisco on July 9-10.
- HOST HOTELS:** Please visit... <http://events.mtsac.edu/hotels.htm>
- CONTACT FOR ADDITIONAL INFORMATION:** Eric Barron  
Meet Director  
147 S. Bowling Green Way  
Los Angeles, CA 90094  
Tel. 310-471-8988, Fax 310-471-8988, [ericbarron@roadrunner.com](mailto:ericbarron@roadrunner.com)



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# JIM BUSH TRACK & FIELD CHAMPIONSHIPS

**2010 Southern California USATF Championships**

*USATF West Region Track & Field Championships*

**SUNDAY, JUNE 6, 2010**



## Mt. San Antonio College, Walnut, CA

3:00pm	<u>Elaine Ward Cup &amp; Jim Hanley Cup</u> Men's & Women's 5000m Race Walks <i>(Men/Women combined)</i>	12:30pm	Women's Hammer Throw
3:45pm	Women's 100M Hurdles	1:30pm	<u>Don Ruh Cup</u> Men's Hammer Throw
4:00pm	<u>Jim Bush Cup</u> Men's 110M Hurdles	12:30pm	Women's Javelin
4:15pm	Women's 400 Meters	1:30pm	Men's Javelin
4:30pm	<u>Stan King Cup</u> Men's 400 Meters	1:30pm	Women's Pole Vault
4:45pm	<u>Ernie Gregoire Cup</u> Women's 100 Meters	2:30pm	<u>Larry Myricks Cup</u> Men's Long Jump
5:00pm	<u>Flash Results Cup</u> Men's 100 Meters	2:30pm	Women's Triple Jump
5:20pm	Women's 400M Hurdles	2:30pm	Women's Shot Put
5:35pm	<u>Dixon Farmer Cup</u> Men's 400M Hurdles	4:00pm	Men's Triple Jump
5:50pm	<u>Rose Monday Cup</u> Women's 800 Meters	4:00pm	Women's Long Jump
6:10pm	<u>Frank Gagliano Cup</u> Men's 800 Meters	3:30pm	Men's Shot Put
6:25pm	Women's 200 Meters	4:00pm	Women's Discus
6:45pm	Men's 200 Meters	5:00pm	<u>Al Minturn Cup</u> Men's Discus
7:00pm	<u>Chuck Seekins Cup</u> Women's 3000M Steeplechase	3:30pm	Men's Pole Vault
7:20pm	<u>Brian Waterbury Cup</u> Men's 3000M Steeplechase	5:30pm	Women's High Jump
7:35pm	<u>Skip Shaffer Cup</u> Women's 1500 Meters	6:30pm	<u>Dave Farmer Cup</u> Men's High Jump
7:50pm	<u>Sid Wing Cup</u> Men's 1500 Meters		
8:05pm	<u>John Norton Cup</u> Women's 5000 Meters		
8:25pm	<u>Norm Lumian Cup</u> Men's 5000 Meters		

### MEN'S MEET RECORDS

100 Meters	<b>10.07</b>	Carlos Moore, So Cal Cheetahs '06
200 Meters	<b>20.35</b>	Jared Connaughton, Canada '08
400 Meters	<b>44.66</b>	Andrew Rock, UW-LaCrosse '04
110M Hurdles	<b>13.40</b>	Arend Watkins, unattached '08
400M Hurdles	<b>49.10</b>	Jonathan Williams, unattached '06
800 Meters	<b>1:46.64</b>	Johnny Gray, SMTC '99
1500 Meters	<b>3:37.34</b>	Steve Scott, Asics Track Club '91
3000M Stplchs	<b>8:35.92</b>	Jacques Sallberg, Run With Us '06
5000 Meters	<b>13:38.51</b>	Pat Porter, Athletics West '88
Long Jump	<b>26' 2 3/4"</b>	Henry Dagmil, International Elite '08
10,000 Meters	<b>28:23.30</b>	Randy Reina, unattached '88
Triple Jump	<b>54-11 1/2"</b>	Von Ware, Sheffield Elite '04
High Jump	<b>7' 3 3/4"</b>	Matt Carter, unattached '07
		Trevor Berry, Team North Dakota '08
Pole Vault	<b>18' 7"</b>	Russ Buller, Asics TC '02
Shot Put	<b>67' 5 1/4"</b>	Noah Bryant, unattached '09
Discus	<b>205' 3"</b>	Carl Brown, unattached '00
Javelin	<b>249' 2"</b>	Adam Montague, unattached '09
Hammer	<b>228' 3"</b>	Norbert Horvath, USC '00

### WOMEN'S MEET RECORDS

100 Meters	<b>11.16</b>	Natasha Mayers, USC '02
200 Meters	<b>22.41</b>	Shalonda Solomon, unattached '09
400 Meters	<b>51.48</b>	Kaltouma Nadjina, Canada '05
100M Hurdles	<b>12.88</b>	Yvette Lewis, unattached '08
400M Hurdles	<b>54.93</b>	Shauna Smith, unattached '06
800 Meters	<b>2:01.71</b>	Regina Jacobs, LATC '87
1500 Meters	<b>4:08.11</b>	Regina Jacobs, unattached '92
3000M Stplchs	<b>9:40.02</b>	Lisa Galaviz, unattached '09
5000 Meters	<b>15:44.92</b>	Breeda Dennehy, Ireland '96
Long Jump	<b>22' 3 1/2"</b>	Akiba McKinney, unattached '08
10,000 Meters	<b>33:04.27</b>	Constantina Tomescu-Dita, Ukraine '06
Triple Jump	<b>45' 4 1/2"</b>	Yuliana Perez, Aztec TC '03
High Jump	<b>6' 5"</b>	Amy Acuff, unattached '00
Pole Vault	<b>14' 7 1/4"</b>	Chelsea Johnson, unattached '09
Shot Put	<b>60'2 1/2"</b>	Michele Carter, unattached '09
Discus	<b>193' 7"</b>	Taiyshawna Battle, unattached '09
Javelin	<b>197' 10"</b>	Kim Kreiner, unattached '09
Hammer	<b>228' 0"</b>	Jessica Cosby, unattached '06

## MEN'S MEET RECORDS

*Event Records Date Back to 1965*

100 Meters	<b>10.07</b>	Carlos Moore, So Cal Cheetahs 2006
200 Meters	<b>20.35</b>	Jared Connaughton, Canada 2006
400 Meters	<b>44.66</b>	Andrew Rock, UW-LaCrosse 2004
110M Hurdles	<b>13.40</b>	Arend Watkins, unattached 2008
400M Hurdles	<b>49.10</b>	Jonathan Williams, unattached 2006
800 Meters	<b>1:46.64</b>	Johnny Gray, SMTC 1999
1500 Meters	<b>3:37.34</b>	Steve Scott, Asics Track Club 1991
3000M Steeplechase	<b>8:35.92</b>	Jacques Sallberg, Run With Us 2006
5000 Meters	<b>13:38.51</b>	Pat Porter, Athletics West 1988
10,000 Meters	<b>28:23.30</b>	Randy Reina, unattached 1988
5K Race Walk	<b>22:12.72</b>	Philip Dunn, unattached 2008
Long Jump	<b>26' 2 ¾" /7.99m</b>	Henry Dagmil, International Elite 2008
Triple Jump	<b>54' 11½" /16.75m</b>	Von Ware, Sheffield Elite 2004
High Jump	<b>7' 3¾" /2.23m</b>	Matt Carter, unattached 2007 Trevor Barry, Team North Dakota 2008
Pole Vault	<b>18' 7" /5.66m</b>	Russ Buller, Asics TC 2002
Shot Put	<b>67' 5 ¼" /20.55m</b>	Noah Bryant, unattached 2009
Discus	<b>205' 3" /62.56m</b>	Carl Brown, unattached 2000
Javelin	<b>249-02 /75.96m</b>	Adam Montague, unattached 2009
Hammer	<b>228' 3" /69.58m</b>	Corey Martin, unattached 2009

## WOMEN'S MEET RECORDS

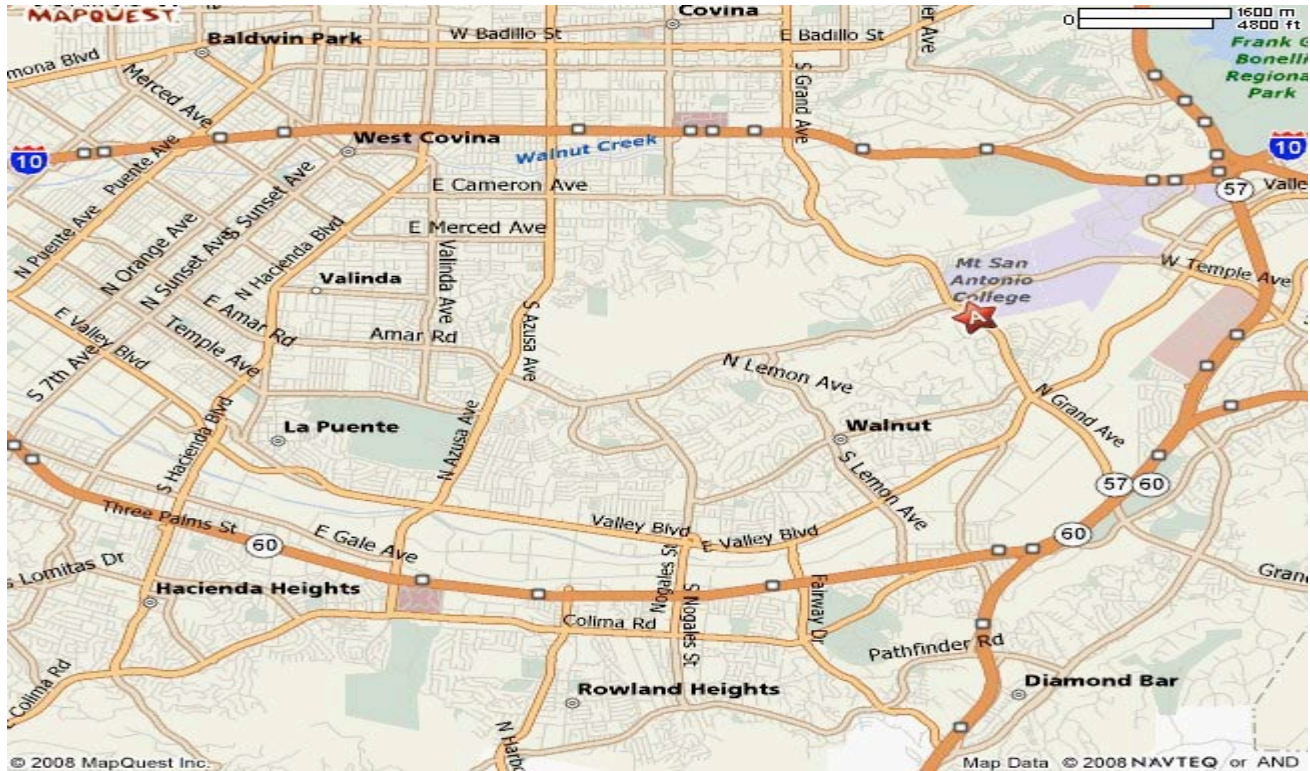
100 Meters	<b>11.16</b>	Natasha Mayers, USC 2002
200 Meters	<b>22.41</b>	Shalonda Solomon, unattached 2009
400 Meters	<b>51.10</b>	Monique Henderson, unattached 2008
100M Hurdles	<b>12.88</b>	Yvette Lewis, unattached 2008
400M Hurdles	<b>54.93</b>	Shauna Smith, unattached 2006
800 Meters	<b>2:01.71</b>	Regina Jacobs, LATC 1987
1500 Meters	<b>4:08.11</b>	Regina Jacobs, unattached 1992
3000M Steeplechase	<b>9:40.02</b>	Lisa Galaviz, unattached 2009
5000 Meters	<b>15:44.92</b>	Breeda Dennehy, Ireland 1996
10,000 Meters	<b>33:04.27</b>	Constantina Tomescu-Dita, Ukraine 2006
5K Race Walk	<b>26:59.01</b>	Margaret Ditchburn, unattached 2009
Long Jump	<b>22' 3 ½" /6.79m</b>	Akiba McKinney, unattached 2008
Triple Jump	<b>45' 4 ½" /13.85m</b>	Yuliana Perez, Aztec TC 2003
High Jump	<b>6' 5" /1.96m</b>	Amy Acuff, unattached 2000
Pole Vault	<b>14' 7 ¼" /4.45m</b>	Chelsea Johnson, unattached 2009
Shot Put	<b>60' 2 ½" /18.35m</b>	Michelle Carter, unattached 2009
Discus	<b>193' 7" /59.00m</b>	Taiyshawna Battle, unattached 2009
Javelin	<b>197' 10" /60.30m</b>	Kim Kreiner, unattached 2009
Hammer	<b>228' 0" /69.50m</b>	Jessica Cosby, unattached 2006

## Directions to Hilmer Lodge Stadium on the Campus of Mt. San Antonio College

1100 N. Grand Avenue, Walnut, CA 91789

From the 60 Freeway East: Exit at Grand Avenue North...Right on Temple Avenue...Right at the Bonita Drive stoplight into the stadium parking lots.

From the 10 Freeway East: Exit at Grand Avenue South...Left on Temple Avenue...Right at the Bonita Drive stoplight into the stadium parking lot.





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