



25TH Annual
**JIM BUSH TRACK & FIELD
CHAMPIONSHIPS**
2011 USATF So Cal Championships
USATF West Region Track & Field Championships
SATURDAY, JUNE 4, 2011



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 2011 member of USA Track & Field. A current 2011 membership number will be required to submit an online meet entry. Athletes can join/renew their memberships at 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 29**. 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 on Thursday, June 2. International athletes e-mail ericbarron@roadrunner.com for entry information.
- LATE ENTRIES:** We discourage late entries. Please note the late on-line entry fee is \$40.00.
- 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:** Mt. SAC charges \$3 for campus parking. Spectator admission is \$2 (kids under 10 are free).
- RESULTS:** Copies of results will be posted event by event and after the meet at www.scausatf.org and 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

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: 2011 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 **2011 USATF National Club Track & Field Championships**. For information about those meets, visit 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: *Arizona, Central California, Hawaii, Nevada, New Mexico, Pacific (Northern California), San Diego-Imperial, and Southern California.*
- 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 **2011 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 90049
Tel. 310-471-8988, Fax 310-471-8988, ericbarron@roadrunner.com



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Mt. San Antonio College, Walnut, CA – tentative schedule

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

MEN'S MEET RECORDS

100 Meters	10.07	Carlos Moore, So Cal Cheetahs '06
200 Meters	20.35	Jared Connaughton, Canada '08
400 Meters	44.66	Andrew Rock, UW-LaCrosse '04
110M Hurdles	13.40	Arend Watkins, unattached '08
400M Hurdles	49.10	Jonathan Williams, unattached '06
800 Meters	1:46.51	Khadevis Robinson, unattached '10
1500 Meters	3:37.34	Steve Scott, Asics Track Club '91
3000M Stplchs	8:35.92	Jacques Sallberg, Run With Us '06
5000 Meters	13:38.51	Pat Porter, Athletics West '88
Long Jump	26' 2 ½"	Henry Dagmil, International Elite '08
10,000 Meters	28:23.30	Randy Reina, unattached '88
Triple Jump	54-11 ½"	Von Ware, Sheffield Elite '04
High Jump	7' 3 ¾"	Matt Carter, unattached '07
		Trevor Berry, Team North Dakota '08
Pole Vault	18' 10 ¼"	Giovanni Lanaro, Mexico '10
Shot Put	67' 5 ½"	Noah Bryant, unattached '09
Discus	205' 3"	Carl Brown, unattached '00
Javelin	249' 2"	Adam Montague, unattached '09
Hammer	237' 11"	Corey Martin, unattached '09

WOMEN'S MEET RECORDS

100 Meters	11.16	Natasha Mayers, USC '02
200 Meters	22.41	Shalonda Solomon, unattached '09
400 Meters	51.10	Monique Henderson, unattached '08
100M Hurdles	12.88	Yvette Lewis, unattached '08
400M Hurdles	54.93	Shauna Smith, unattached '06
800 Meters	2:01.71	Regina Jacobs, LATC '87
1500 Meters	4:08.11	Regina Jacobs, unattached) '92
3000M Stplchs	9:38.23	Barbara Parker, Great Britain '10
5000 Meters	15:44.92	Breeda Dennehy, Ireland '96
Long Jump	22' 3 ½"	Akiba McKinney, unattached '08
10,000 Meters	33:04.27	Constantina Tomescu-Dita, Ukraine '06
Triple Jump	45' 4 ½"	Yuliana Perez, Aztec TC '03
High Jump	6' 5"	Amy Acuff, unattached '00
Pole Vault	14' 7 ¼"	Chelsea Johnson, unattached '09
Shot Put	60'2 ½"	Michele Carter, unattached '09
Discus	193' 7"	Taiyshawna Battle, unattached '09
Javelin	197' 10"	Kim Kreiner, unattached '09
Hammer	228' 0"	Jessica Cosby, unattached '06

MEN'S MEET RECORDS

Event Records Date Back to 1965

100 Meters	10.07	Carlos Moore, So Cal Cheetahs 2006
200 Meters	20.35	Jared Connaughton, Canada 2006
400 Meters	44.66	Andrew Rock, UW-LaCrosse 2004
110M Hurdles	13.40	Arend Watkins, unattached 2008
400M Hurdles	49.10	Jonathan Williams, unattached 2006
800 Meters	1:46.51	Khadevis Robinson, unattached 2010
1500 Meters	3:37.34	Steve Scott, Asics Track Club 1991
3000M Steeplechase	8:35.92	Jacques Sallberg, Run With Us 2006
5000 Meters	13:38.51	Pat Porter, Athletics West 1988
10,000 Meters	28:23.30	Randy Reina, unattached 1988
5K Race Walk	22:12.72	Philip Dunn, unattached 2008
Long Jump	26' 2 3/4" /7.99m	Henry Dagmil, International Elite 2008
Triple Jump	54' 11 1/2" /16.75m	Von Ware, Sheffield Elite 2004
High Jump	7' 3 3/4" /2.23m	Matt Carter, unattached 2007 Trevor Barry, Team North Dakota 2008
Pole Vault	18' 10 1/4" /5.75m	Giovanni Lanaro, Mexico 2010
Shot Put	67' 5 1/4" /20.55m	Noah Bryant, unattached 2009
Discus	205' 3" /62.56m	Carl Brown, unattached 2000
Javelin	249-02 /75.96m	Adam Montague, unattached 2009
Hammer	237' 11" /72.53m	Corey Martin, unattached 2009

WOMEN'S MEET RECORDS

100 Meters	11.16	Natasha Mayers, USC 2002
200 Meters	22.41	Shalonda Solomon, unattached 2009
400 Meters	51.10	Monique Henderson, unattached 2008
100M Hurdles	12.88	Yvette Lewis, unattached 2008
400M Hurdles	54.93	Shauna Smith, unattached 2006
800 Meters	2:01.71	Regina Jacobs, LATC 1987
1500 Meters	4:08.11	Regina Jacobs, unattached 1992
3000M Steeplechase	9:38.23	Barbara Parker, Great Britain 2010
5000 Meters	15:44.92	Breeda Dennehy, Ireland 1996
10,000 Meters	33:04.27	Constantina Tomescu-Dita, Ukraine 2006
5K Race Walk	26:59.01	Margaret Ditchburn, unattached 2009
Long Jump	22' 3 1/2" /6.79m	Akiba McKinney, unattached 2008
Triple Jump	45' 4 1/2" /13.85m	Yuliana Perez, Aztec TC 2003
High Jump	6' 5" /1.96m	Amy Acuff, unattached 2000
Pole Vault	14' 7 1/4" /4.45m	Chelsea Johnson, unattached 2009
Shot Put	60' 2 1/2" /18.35m	Michelle Carter, unattached 2009
Discus	193' 7" /59.00m	Taiyshawna Battle, unattached 2009
Javelin	197' 10" /60.30m	Kim Kreiner, unattached 2009
Hammer	228' 0" /69.50m	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.

