



Revised: 5/30/09

## 2009 SOUTHERN CALIFORNIA ASSOCIATION TRACK AND FIELD CHAMPIONSHIPS

- DATE:** June 12-13-14, 2009
- SITE:** Cerritos College, 11110 East Alondra Blvd., Norwalk, CA 90650  
(Off the 605 freeway)
- STARTING TIME:** 5:00 PM on Friday June 12<sup>th</sup>, First call 5:10 PM for Race Walks  
8:30 A.M. Sat. and Sun., First Call 8:15 a.m.  
See attached schedule of events.
- SANCTION:** Southern California Association USAT&F. USAT&F rules will apply with special provisions for youth athletics.
- CO-MEET DIRECTORS:** Denise Smotherman (909) 595-0103; Thom Confer;  
**REGION COORDINATOR:** Lori Smith-Thompson (951) 202-6562
- ENTRY DEADLINE:** **June 9<sup>th</sup>, 2009.** That includes online and e-mail entries.
- ENTRY FEES:** \$6.00 per event, \$24.00 per relay. Relays count as an event for each team member, plus alternate. Late Registration \$9.00 per event, \$36.00 per relay. **Clubs, please be prepared to pay your \$30.00 clean-up fee when you pick up your team packet. That payment can be a team check or cash.** Make checks payable to **So Cal Association Youth.** (SCA Youth)
- YOU MUST HAVE A LEGITIMATE USATF MEMBERSHIP # TO REGISTER USING COACHO MEMBERSHIP #'S ARE REQUIRED PERIOD. And VERIFIED PERIOD, Go to USATF.ORG/MEMBERSHIP AND REGISTER PRIOR TO COMING TO THE MEET.**
- Make sure that the Santa Fe Springs office has a copy of your Birth Certificate.**
- Entry fees are non-refundable. CHANGES made after June 9<sup>th</sup> will be charged \$9.00 per event. To register go online to [www.coacho.com](http://www.coacho.com). That deadline is June 9, 2009 – 11:59 pm. Credit Card or Electronic Checks are the only method of payment accepted: If you don't have either of the above, then make sure that I have your payment by **June 8<sup>th</sup>**. Bounced paper or electronic checks will result in your athlete(s) being removed from the entries at both the Association and the Regional meet.
- PLEASE DO NOT COME TO THE MEET WITH ANY PAYMENT DRAMA.**
- Online Registration will open on May 20<sup>th</sup> and close on June 9<sup>th</sup>.**
- Denise Smotherman  
165 South Dommer Ave  
Walnut, CA 91789  
(909) 595-0103 – (909) 595-8446 fax (951) 961-6207 cell
- With late fees in affect, the very last chance to enter the meet will be Wednesday, June 10<sup>th</sup> from 6:00pm to 9:00pm at the Downey Senior Citizen office. **UNATTACHED ATHLETES ARE UNDER THE SAME REQUIREMENTS** as the teams. Any questions regarding this meet, please contact me prior to the meet.
- TEAM PACKETS:** Team packets will be available for pick-up at the registration table by 4:30 pm on Friday June 11<sup>th</sup> and at 7:15 a.m. on Sat and Sun.
- ELIGIBILITY:** All entrants must be currently registered with USA T&F and in the proper age group corresponding with their year of birth.
- AGE DIVISIONS:**
- |        |           |  |           |
|--------|-----------|--|-----------|
| Bantam | 1999-2000 | Intermediate                                 | 1993-1994 |
| Midget | 1997-1998 | Young Men/Women                              | 1991-1992 |
| Youth  | 1995-1996 | (18yr olds born <u>after</u> August 1, 1990) |           |
- EVENT LIMITS:** Bantam and Midgets - 3 events maximum  
Youth and above - 4 events maximum
- FIRST AID:** Medical staff will be available for minor injuries.
- SOUVENIRS:** Programs \$ 3.00 and meet T-shirts will be available for \$12.00  
Concessions will also be available both days.  
Spikes will be sold for \$3.00 per set.

# SCA-USATF ASSOCIATION CHAMPIONSHIP MEET

JUNE 12 -13- 14, 2009

## ORDER OF EVENTS

### June 12 – Friday Start Time: 5:30 pm

Race-walk	Final	BG –YM
3000	Final Flights	MG – YW
5000m Run	Final	YM
400m	Semi-Final	BG-YM

### FIELD EVENTS Start Time: 5:00 pm PROMPTLY

Discus	Final	YM- YW- IB-IG- YG-YB- MG-MB***
Javelin	Final	YB-YG-IB-IG YM-YW
Long Jump	Final	IG-IB-YM-YW

### June 13 –Saturday Start Time: 9:00am

100m	Semi-Final	BG-YM
1500m	Final Flights	BG-YM
400m	Final	BG-YM
110m Hurdles	Final Flights	IB-YM
100m Hurdles	Final Flights	YW-IG-YB-YG
80m Hurdles	Final Flights	MG-MB
4x100m Relay	Semi-Final	BG-YM
4x800m Relay	Finals	MG-YM
200m	Semi-Final	BG-YM

### FIELD EVENTS Start Time 8:30 am PROMPTLY

Long Jump		BG-BB-MG-MB-YG-B
High Jump		MG-MB-YG-YB
Mini-Javelin		MG-MB-BG-BB
Shot Put		YM-YW-YG-YB-MB-MG-BG-BB-IG-IB

### June 14 – Sunday Start Time: 9:00am – (REVISED 5-30-09)

100m Dash	Final	BG-YM
400m Hurdles	Final	IB-YM-IG-YW
200m Hurdles	Final	YG-YB
4x100m Relay	Final	BG-YM
800m Run	Final Flights	BG-YM
200m Dash	Final	BG-YM
4x100m Relay	Parent/Coach	Wear team shirts for photo
4x400m Relay	Final Flights	BG-YM

### FIELD EVENTS Start Time 8:30 am PROMPTLY

High Jump		BG- BB- IG- IB- YM- YW
Triple Jump		YW, YM, YB, YG, IG, IB
Pole Vault	(10:00 am)	YM- YW- YG- YB- IG- IB

**Waived athletes in the Steeplechase and Hammer Throw will be competing at the Regional.**

**FACILITIES:** The track is an all-weather 9-lane surface including the long jump, triple jump, high jump and pole vault approaches. There may be a grass approach in the Javelin.  
**¼ INCH PYRAMID SPIKES ONLY. NO NEEDLES PLEASE. They will be checked.**

**NOTE:** The infield area will be off-limits to all coaches, AND parents except those that are working at a particular event. Coaches may assist Bantam athlete in obtaining an initial mark in the jumping events then leave the field. Absolutely NO COACHING will be allowed from the coaches working at the events on the INFIELD.

**LATE ENTRIES AND CHANGES:** Wednesday Evening FROM 6:00 PM TO 9:00 PM; No late registration on the day of the meet will allow us to run a more efficient meet. **Be proactive and register early.** Remember those changes will cost and there is always a possibility that the event may be closed.

**EVENT CHECK-IN:** For running events: Report to the clerk of the course when the event is called - approximately 30 minutes prior to the start of the event. 3 calls will be given for each event. **Athletes not responding to the call for their lane assignment will not be seeded into that event and will be scratched.** We will contact the field events that are in progress to make sure your athlete is checked in, but Coaches this does not lessen your responsibility to make sure your athlete is paying attention. **Once that event is closed, that event will be seeded and there will be no additions and there will be no refunds.**

**COACHES PLEASE PAY CLOSE ATTENTION TO THIS SECTION**

**Athletes switching heats or lanes will be DISQUALIFIED.**

**If fewer than nine (9) athletes report to the clerk, a signature will be required and then that event will be run as a final at its normal time with only those athletes who have checked in.**

For all field events. When the event is called, report directly to the field event clerk.

**EVENTS:** All championship events will be contested. Three preliminary attempts will be allowed in the field events; nine athletes will advance to the finals for three additional attempts. **2000m Steeplechase and Hammer Throw athletes will be waived into the Regional meet. You must request a waiver by email to the email address listed above. Payment and Junior Olympics application must be mailed by the deadline. IG IB YW YM**  
**Call about the Friday Discus. There could be a possible change to Sunday.**

**ADVANCING:** The top 8 finishers in each event will advance to the Regional J.O. competition to be held June 26, 27, 28 2009 at CERRITOS COLLEGE NORWALK Ca. You must enter the Region 15 meet by the end of the Association meet, which includes paying fees, and completing all entry forms. A completed entry form for the USATF Junior Olympics Championship meet must include all athletes entered individually or on a relay. The relay declaration forms must be filed **BEFORE** your team runs in the relay events at the Association championship. Regional fees are \$7.00 for individuals and \$ 28.00 for relays. The Junior Olympic fees are \$8.00 for individual events, and \$32.00 for relays. If you qualify to move on to the Junior Olympics, you must pay by the end of the day. **EXACT CHANGE PLEASE.**

**AWARDS:** Junior Olympics medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place. Awards CAN be distributed to athletes.

**MEET RESULTS:** Meet results will be provided automatically to coaches of teams with more than five entries. Results will also be available on-line after the 20<sup>th</sup> of June. Please do not contact anyone except Denise Smotherman regarding results. They will be posted at [scusatf.org/youth/results](http://scusatf.org/youth/results) BY June 20th.

**PROTESTS:** Protests must be made in writing and accompanied by \$50.00 deposit to a meet director. The protest must be filed within 30 minutes after the results have been announced or posted. If the protest is upheld, the deposit will be refunded. **You must cite the rule that is the basis of your protest.**

**THERE WILL BE A COACHES ADVOCATE ASSIGNED TO TAKE CARE OF ANY FINISHLINE PROBLEMS. DO NOT GO TO THE TIMING TENT FOR ANY REASON. THAT IS WHAT YOUR ADVOCATE IS FOR. IF YOU IGNORE THIS REQUEST, YOU STAND THE CHANCE OF HAVING YOUR ATHLETE DISQUALIFIED.**

**PLEASE READ AND RELAY THIS MESSAGE TO ALL OF YOUR COACHES/PARENTS AND ATHLETES**

**FEES:**

Association Junior Olympic Championships - \$6.00; Regional fees - \$7.00; Junior Olympic fees - \$8.00; Multi fees are different, so make sure that you know how much they are before entering in that event.

Coaches, it's that time of year again and most of us have this process down to a science. We all know what is expected and if you don't, then it is up to you to seek the proper guidance between now and the meet. Here are a few tips that can make your life easier.

1. Apply for all membership cards prior to the meets and have them verified prior to the meet. I will verify with the SCA office whether or not there is a Birth Certificate on file, especially those that were applied for on-line. No exceptions. **(Proper identification includes: a readable, legal Birth Certificate, or driver's license, or passport. Absolutely no hospital certificates will be accepted.) Only DOB verified athletes will be able to do online registration.**

2. Late entries will only be taken on the date listed above. NONE AT THE MEET. If you missed the online registration you still must be DOB Verified by the time you come to the last late registration on 6/10/09

3. Relay declaration forms need to be completely filled out and turn in when you pick up your team package. Coaches, you should put every athlete on your team in that particular age division on the list regardless to whether or not that athlete has any intention of going to the JO meet. I won't be able to check later, so please be smart and include everybody. There will be 1 final call prior to the first relay for **all** relay declarations. After that last call, your team will not be allowed to check in at the clerking tent. They will have a copy of those declarations and if it is not there YOU won't be either. Regardless to who you are!!!!!!. Make a duplicate copy for your own record. I will stamp it to make it a credible copy. **COACHES PLEASE ACT RESPONSIBLE. HAVE THEM READY FROM THE BEGINNING.**

4. Pre- approved forms. I can start stamping your Junior Olympic applications at the Los Angeles Jet meet if you have them ready. Then once your athletes qualify at the Association meet, all you will have to do is turn in the forms plus the fees. Complete a form for everyone that you register in the Association meet. This will ease the lines at the end of the day. Good thing is that you won't have to bring those stacks of Birth Certificates.

5. It is **not important** to fill in the association times or marks on this application. So please don't. I will fill that out from the official results later. That goes for the regional results as well.

6. Supplies that you should have with you at the Association meet: Paper clips, small stapler, white out, and **\$7.00 per event** for the athletes that go on.

**COACHES DO THE RIGHT THING.** Control your athletes. Meet with your athletes and parents to inform them about the SCA RULES. The warnings have not been heard, so consider this their last warning. This part of the season is the worst time for any of your athletes to be disqualified. Excuses will not be heard. Please remind your parents and athletes about the **STADIUM RULES,**

- a. **NO basketballs, footballs, bomb boxes and skateboards allowed in the STADIUM,**
- b. **ABSOLUTLY NO DOGS OR DESIGNER DOGS WILL BE ALLOWED IN THE STADIUM. DON'T EVEN TRY TO HIDE THEM IN YOUR PURSE OR JACKET. YOU AND YOUR DOG WILL BE ASKED TO LEAVE.**
- c. **The 90 day rule is in affect. Any possible situations must be brought to my attention before the meet. Violations of the rule could affect your team.**
- d. **I know what's in those red plastic cups and those McDonald cups that you walk around with all day. If you won't respect your kids, then please respect the other athletes. Your behavior is a dead give away and we can smell it on your breath. You and your athlete will be asked to leave the facility.**

**THE CAMPUS IS OFF LIMITS!!!!..... We will have more than enough restrooms and porta-pottie. The campus police will be very strict about this rule and SCA Youth will not be there for your protection.**

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