

**SCA USA T&F JUNIOR OLYMPIC REGIONAL
MULTI-EVENT 2009 CHAMPIONSHIPS**

DATE

JULY 11-12 2009

SITE

**WEST COVINA HIGH SCHOOL
1609 E Cameron Ave West Covina, CA. 91791**

STARTING TIME

9:00 am on Saturday 9:00 am on Sunday
First call 8:45 am on both Saturday & Sunday

SANCTION

Southern California Association USA T&F. USA T&F rules will apply with special provisions for youth athletics (Rules 300-303,305)

HOST

Southern California Association –USA T&F Youth Committee.

MEET DIRECTOR

Denise Smotherman (909) 595-0103 email Smotgnd52@earthlink.net

ENTRY FEES

\$15.00 Bantam thru Youth athletes \$ 18.00 for Intermediate and Above. You may enter the day of the meet. Make all checks payable to SCA YOUTH.

Denise Smotherman hm # 909 595-0103 fax # 909 595-8446
165 South Dommer Ave. Walnut, Ca.91789

ELIGIBILITY

All entrants must have a current USA T&F membership number in order to advance to the Regional JO's championships

AGE DIVISIONS

BANTAM	1999-2000
MIDGET	1997-1998
YOUTH	1995-1996
INTERMEDIATE	1993-1994
YOUNG MEN/WOMEN	1991-1992 (18 yrs born after August 2, 1990)

NOTE:

Pre registration will make the start go faster.
Please send me fax or e-mail a list of your athletes so that I may have labels ready to go at 9:00am This is a parent and coach's participation meet. Bring your chairs, shade and your books to read. Also, I should have enough tapes and implements, but if you have some please bring them just in case.

Note

A minimal snack bar will be available. (Water, fruit, hot dogs and chips)

SCHEDULE

SATURDAY

BANTAMS- - - - TRIATHLON

High Jump, Shot Put, 200 M Girls 400 M Boys

MIDGETS- - - - -PENTATHLON

80 M Hurdles, High Jump, Shot Put, Long Jump, 800 M Girls
1500 M Boys.

INTERMEDIATES/YOUNG WOMEN - - HEPTATHLON

Day One- 100 M Hurdles, High Jump, Shot Put, 200 M

INTERMEDIATES/YOUNG MEN - - DECATHLON

Day One- 100 M, Long Jump, Shot Put, High Jump, 400 M

SCHEDULE

SUNDAY

9:00 am Start

YOUTH- - -

PENTATHLON

100 M Hurdles, High Jump, Shot Put, Long Jump, 800 M Girls
1500 M Boys

INTERMEDIATES/YOUNG WOMEN- - - HEPTATHLON

Day Two- Long Jump, Javelin, 800 M

INTERMEDIATES/YOUNG MEN - - DECATHLON

Day Two- 110 M Hurdles, Discus, Pole Vault, Javelin, 1500 M

ADVANCING

The top 2 finishers in each age group will advance to the JUNIOR OLYMPICS competition to be held on July 28-August 2, 2009. The 3rd place finisher can go if they meet the pre-established qualifying standard.

NOTE

You must participate at this meet in order to be eligible to advance to the Regional meet and the Junior Olympic National Championships. Intermediates and above must compete both days in order to advance. Waivers may be given as long as the request is done at the Association meet.... and all fees are paid.

AWARD

JUNIOR OLYMPIC Association medals will be awarded to athletes finishing 1st thru 3rd. However, there is a possibility that we will give medals to more places providing we have enough medals

DIRECTIONS

10 FREEWAY to Azusa Ave exit and go south to Cameron Ave. Turn RT and go to 1609 E Cameron Ave, less than a mile. School and Parking lot will be on the right. From the 60 Freeway you can exit on Azusa and go north about 5 miles and turn left on Cameron.

