



LONG BEACH SPRINTERS YOUTH TRACK CLUB  
ANNUAL ALL-COMERS MEET

Sponsor: Long Beach Sprinters Youth Track Club

Sanctioned: The Southern California Association/USATF

Date: Saturday, February 21, 2009

Time: 8:00 am

Site: **Richard Gahr High School** 11111 Artesia Boulevard Cerritos, California  
90703

All weather track surface and runways. Restricted to 1/4" or less.

**Directions: From Los Angeles: Southbound (LAX, Santa Monica, West LA)**  
91 fwy East to 605 South exit at South Street. Turn left from the off-ramp and then make  
an immediate right  
on Studebaker. Continue to Studebaker to Artesia campus on right side.

**From San Diego: From 405 Fwy Northbound / 22 Fwy West / 605 Fwy South  
(Orange County, Downtown or East LA)** 405 West to 605 fwy North exist South Street  
Turn left from the off-ramp and then make an immediate right on Studebaker. Continue  
to Studebaker to Artesia campus on right side.

**Eligibility:** Boys and Girls in the following Divisions:

**Sub Bantam.....2001**  
**Bantam.....1999-2000**  
**Midget.....1997-1998**  
**Youth.....1995-1996**  
**Intermediate.....1993-1994**  
**Young Men/Young Women.....1991-1992**

**Limitation:** Sub Bantams, Bantams and Midgets are limited to **3** events.  
Youth, Intermediate and Young Men/Women are limited to **4** events

**Surface:** ALL-Weather Track and Runway, ¼ Spikes of less and 8 lanes

Sub-Bantams Events: 200M, Long Jump, 4X100 Relay, 4X400m Relay

Entry Fees: \$1.50 per individual event, and \$6.00 per relay.

Entry fees are to be paid in cash or club check (**No Personal checks**).

Registration: Pre-registration is not a requirement. Registration will start at 7:00 a.m. and remain open throughout the meet.

Meet Director Vincent Calhoun 714310-1992 Meet Website:  
[www.longbeachsprinters.org](http://www.longbeachsprinters.org)

Awards: Ribbons will be given to all participants

Check In: All participants in running events must check in with the clerk of the course when prior to each event.

Field event participants must report directly to the official in charge of that event.

Protests: USATF Rules will apply. Protest must be accompanied by \$25.00.

Concessions: A snack bar will be available

NOTE: Time schedule may vary depending upon number of entrants in each event. Four attempts will be given in throws and horizontal jumps. All Field events awards will be given @ each event; all others will be given out once athlete crosses finish line.

## **ORDER OF EVENTS ALL START TIMES: 8:00 A.M.**

### **Running Events:**

3000M RUN MG, MB, YG, YB, IG, IB, YW, YM

4X100M RELAY All Divisions

200M DASH All Division

80/100 HURDLES MG, MB, YG, YB

800M DASH BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

3000 M RACE WALK MG, MB, YG, YB, IG, IB, YW, YM

4X400 M RELAY All Divisions

### **Field Events**

LONG JUMP All Divisions Starting with Sub-Bantams

HIGH JUMP BG, BB, IG, IB, MG, MB, YG, YB, YW, YM

SHOT PUT YW, YM, IG, IB, YG, YB, MG, MB, BG, BB

MINI JAVELIN MB, MG, BB, BG

**MEET WILL BE CONDUCTED RAIN OR SHINE**