

2009 L.A. Jets Relay Carnival

Sponsor: The Los Angeles Jets Track Club
Sanctioned: Southern California Association / USATF
Date: **Saturday March 21, 2009**
Time: **8:00 a.m.**
Site: **Warren High School** 8141 De Palma Street, Downey, CA 90241
(605) F/W to Firestone Blvd. West to Paramount Blvd., Left to site.

All-Weather Track surface and runways. Restricted 1/4" spikes, or less.

Eligibility:

Any boy or girl in the following divisions - Sub-Bantam - Born 2001, or later. Bantam 99-2000, Midget 97-98, Youth 95-96, Intermediate -93-94.

Limitation:

Sub-Bantam, Bantam and Midgets are limited to three events. Youth and Intermediate are limited to four events.

Sub-Bantam: (No 400m Dash)

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. Day of the meet registration will start at 7:00 a.m., and will remain open throughout the meet.

Meet Information:

Coach Woods (323) 779-8860

P.O Box 590306

Los Angeles, CA 90061

Awards:

Custom Ribbons first through eight in every heat.

Check In:

All participants in running events must check in with the clerk of the course when their event is called. Field event participants must report directly to the official on the field, in charge of their event when it is called.

Protests: USATF Rules will apply. Protest must be accompanied by \$35.00.

Concession: A snack bar will be available.

ORDER OF EVENTS - Running Event Order

1. 1500m Run Bantam --Intermediate
2. 4x200m Relay Sub-Bantam --Intermediate
3. 4x800m Relay Midget--Youth
4. 800m Relay Bantam --Intermediate
5. 200m Dash Sub-Bantams only
6. 400m Dash Bantam --Intermediate
7. 4x100m Relay Sub-Bantam -- Intermediate
8. Parent & Coaches 4x100m Relay
9. 100m Dash Sub-Bantam--Intermediate
10. 4x400 Relay Sub-Bantam -- Intermediate

Field Events

Shot Put IG, IB, YG, YB, MG, MB, BG, BB

Long Jump SBG, SBB, BG, BB, MG, MB, YG, YB, IG, IB

High Jump BG, BB, IG, IB, MG, MB, YG, YB

Minnie-Javelin Midget Boy, Girl - Bantam Boy, Girl