

BAY CITIES UNLEASHED TRACK & FIELD CLUB

11TH ANNUAL ALL-COMERS MEET

HOSTED BY: Bay Cities Unleashed Youth Track and Field Club

DATE: March 28, 2009

SITE: Downey High School
11040 Brookshire Ave
Downey, CA 90221

STARTING TIME: 7:00AM REGISTRATION
8:00AM FIELD AND RUNNING EVENTS

MEET DIRECTOR: GEORGE CANNON

ELIGIBILITY:

Boys and Girls in the following Divisions:	
Sub Bantam.....	2001-2002
Bantam.....	1999-2000
Midget	1997-1998
Youth.....	1995-1996
Intermediate.....	1993-1994
Young Men/Women.....	1991-1992

Limitation: Sub Bantam and Midget division are limited to **three** events. Sub Bantams may compete in the 4x100m/4x400 relay, 200m and long jump. Youth, Intermediate and Young women and Men are limited to **four** events.

Surface: All weather Track and Runaway ¼ spikes or less.

Registration: On Site Registration at the gate for individuals, unattached and Team.

Entry Fee: \$1.50 per individual events and \$6.00 per relay. Team entries are to be paid in cash or club check. Unattached entries to be paid in cash or money order. **(NO PERSONAL CHECKS WILL BE ACCEPTED)**

AWARDS: Ribbons for all Flights

CONCESSION: Food and drinks will be available for purchase.

MEET RESULTS: Will be provided On-Line under www.scausatf.org

CHECK-IN: All Participants must check in at the Clerk of the Course when their events are called. Field event Participants must report directly to the official on the field in charge of the event when called.

RUNNING EVENTS START TIME: 8:00 A.M.

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

4X 100M RELAY ALL DIVISIONS

200M DASH ALL DIVISIONS

80/100M HURDLES MG,MB,YG,YB,IG,IB,YW,YM

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

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

4X400 RELAY ALL DIVISIONS

FIELD EVENTS- START TIME: 8:30 A.M.

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

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

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

Mini (Turbo) Javelin BB,BG,MG,MB

Javelin YG,YB,IG,IB,YW,YM

**** ALL JAVELIN THROWERS MUST BRING YOUR OWN JAVELINS****

MEET WILL TAKE PLACE RAIN OR SHINE