



**26th Annual
LONG BEACH SPRINTERS
TRACK MEET**

Sanctioned: Southern California Association / USATF

Date: *May 02- May 03, 2009*

**Site: *Richard Ghar High School
11111 Artesia Boulevard.
Cerritos, CA 90703***

**Meet Managers: *Deborah Reid 310-346-4149 &
Vincent Calhoun 714-310-1992***

***All-Weather track surface and runways. Restricted 1/4" spikes
or less***

**Registration: *All entries will be done on-line at CoachO.com.
On-Line Registration Deadline: Midnight April 28, 2009 (PST).
Mailed, faxed, or e-mailed entries will not be accepted.***

**Packet Pick Up: *Team packets may be picked up beginning at
7:00 a.m. at meet site.***

**Entry Tags: *The clerk will not accept any entry tags that have
been changed or altered***

Entry Fees: \$3.00 per individual event, \$12.00 per relay.
Payable the day of the meet. Cash, money order, or Club Check payable to Long Beach Sprinters. Entry fees are not refundable.

Late Registration: LATE ENTRIES WILL BE ACCEPTED AT THE TRACK MEET FROM 7:00AM TO 9:30AM ON BOTH DAYS. Late entries will be subject to lane availability and will not be seeded. Those fees are \$6.00 per event \$24.00 for relays.

Eligibility: All participants must be currently registered with USA Track and Field, according to their birth year in the following age divisions and must have VERIFIED status.

Divisions: Sub-Bantam 01 & Later * Bantam 99-00 * Midget 97-98 * Youth 95-96 * Intermediate 93-94
* Young Men/Women 91-90

Limitation: Sub-Bantam Events 100m, 200, Long Jump, 4x100m Relay and 4x400m Relay and Mini Javelin (no 400m Dash). Bantam and Midgets are limited to three (3) events. Youth and above are limited to four (4) events including relays.

Start Time: Meet will start at 8:00 am on both days. First Call 7:45 AM

Warm Up: All warm-up limited to space available, basketball court on south side of bleachers adjacent to batting cage. NO team canopies will be allowed on the warm up field, canopies can be set up in the perimeter of the warm-up area of the basketball area ONLY. NO ONE SHALL BE ON THE BASEBALL FIELDS.

Athlete Check-In: ATHLETES ONLY WILL BE ALLOWED IN THE CLERK OF THE COURSE AREA.

All participants in running events must check in with the clerk of the course. All competitors will be giving instructions from the Clerk of the Course. All athletes will be escorted to the area of competition. NO athletes will be admitted without an escort. Coaches and parents are not allowed in clerking area. Field event participants report directly to the official in charge

of their event when it is called. No warm ups on the infield of track is allowed.

The Long Beach Sprinters reserve the right to limit the number of spectators going in and out of warm up area.

NOTE: NO ATHELETE (S) OR SPECTATOR (S) WILL BE ALLOWED TO ENTER ANY BUILDING (S) IN THE ADJACENT OR SURROUDING AREAS OF THE TRACK. ATHLETES CAUGHT WILL BE DISQUALIFIED FROM THEIR EVENTS.

Coaches Meeting: *Coaches meeting will take place at 7:45 am, at the starting line.*

Coaches/Athletes: *All athletes will be in the stands when not competing and coaches must remain off the field and track during the meet.*

Protests: *Protests must be made in writing (rule number must be indicated) with a \$25.00 deposit within 30 minutes of posted result. Protests must be given directly to meet referee.*

Timing: *Fully Automatic Timing (FAT)*

Awards: *The top 8 overall only will be awarded. Custom medals will be given to those placing 1st through 3rd Place); Ribbons (4th-8th Place)*

Meets Results: *Shall be placed on www.scausatf.org web site.*

Concession: *Snack bar, T-shirts and programs will be available both days.*

Canopies: *Tents and Umbrellas are restricted to top seats. Canopies can be set up in the perimeter of the warm-up area of the basketball area ONLY*

Trash: *Each team is responsible for cleaning up the trash in your area. Please be considerate of this throughout the meet.*

NO FOOD, DRINKS, GUM OR SUNFLOWER SEEDS ALLOWED ON THE TRACK, RUNWAYS OR FIELD.

NO RADIOS WILL BE ALLOWED AT THE MEET

PARKING: NO PARKING IN SOUTH PARKING LOT -ACROSS AT BUSINESS CENTER- YOU WILL BE TOWED AT YOUR EXPENSE

SCHEDULE OF EVENTS

**START TIME 8:00 AM
SATURDAY- MAY 2, 2009**

1500M Race-walk Final BG, BB, MG, MB
3000M Race-walk Final YG, YB, IG, IB, YW, YM
100M Dash Semi ALL
400M Dash Final BG, BB, MG, MB, YG, YB, IG, IB, YW, YM (NO SUBBIES)
110M Hurdles Final IB, YM
100M Hurdles Final YB, YW, IG, YG
80M Hurdles Final MG, MB
4X100M Relay Final ALL
3000M Run Final MG, MB, YG, YB, IG, IB, YW, YM
5000M Run Final Young Men
100M Dash Final ALL
4X800M Relay Final MG, MB, YG, YB, IG, IB, YW, YM

FIELD EVENTS - START TIME 8:00 AM

High Jump MG, MB, YG, YB
Mini-Javelin SBG, SBB, BG, BB, MG, MB
Javelin YG, IG, YW, YB, IB, YM (ALL start 8 am mini to follow)
**Long Jump YB, YG, SBG, SBB, IG, IB, YM, YW (boy's north pit;
girl's south pit)**
Shot Put BB, BG/ MG, MB/ YG, IG, YW, /YB, IB, YM



SUNDAY-USA J3, 2009
START TIME 8:00 AM

1500M Run Final BG, BB, MG, MB, YG, YB, IG, IB, YW, YM

400M Hurdles Final IG, IB, YW, YM

200 M Hurdles Final YG, YB

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

200M Dash Final ALL

4X400M Relay Final ALL

FIELD EVENTS - START TIME 8:00 AM

High Jump BG, BB, IG, IB, YM, YW

Discuss MG, MB, YG, YB, IG, IB, YW, YM

Triple Jump YM, IB, IG, YG, YB, YW - north pit (ALL)

Long Jump BG, BB, MG, MB - south pit

Pole Vault YM, YW, YG, YB, IG, IB (Start time 12:00 P.M. All)