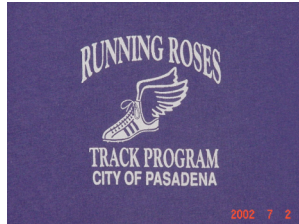


PASADENA RUNNING ROSES 2009
20TH ANNUAL INVITATIONAL



AMENDED

DATE:

May 16 & 17, 2009

PLACE:
91106.

Pasadena City College, 1570 E. Colorado Blvd., Pasadena, CA

The track, long jump and high jump runways have tartan surfaces and are restricted to $\frac{1}{4}$ inch spikes or less (pyramids ok).
Concession stand will be available.

STARTING TIME:

8:00am for Running & Field Events

REGISTRATION:

To register for the meet, go online to - www.coacho.com. Online entry deadline is midnight (PST), May 13, 2009

ENTRY FEES:

\$3.00 per event, \$12.00 per relay.

Entry fee's are non-refundable and must be paid by certified check, money order or club check - NO PERSONAL CHECKS. Make checks payable to the Pasadena Running Roses.

Entries & entry fees are to be received by: May 11, 2009 11:59PM.

LATE ENTRIES:

\$5.00 per event & \$20.00 per relay. Subject to lane availability. Entries for running events on day of the meet will be restricted to the hours between 7:00am & 10:00 am Sat & Sun. LATE ENTRY TABLE WILL CLOSE AT 11:30 ON BOTH DAYS.

ELIGIBILITY:

2009 SCA rules requires that all participants have a valid 2009 USATF membership. Registration may be done online at - www.usatf.org

Any boy or girl, according to their year of birth in the following divisions: Sub-Bantams (2001+); Bantams (1999-2000); Midgets (1997-1998); Youths (1995-1996); Intermediate (1993-1994); Young Men/Women (1991-1992)

AWARDS:

Custom medals will be given to the first three places (1st to 3rd) in each event. Ribbons will be awarded from 4th to 8th place.

MEET INFO:

George Profit 323/684-8631 or Reggie Young
626/914-4887

RESULTS:

All results will be posted at the meet and on the Running Roses Web suite www.scausatf.org. Two weeks later results will be given to each team that attends the meet

**NO SMOKING, GUM, SHELLED NUTS OR SEEDS PERMITTED ON SCHOOL
GROUNDS
TEAM WILL BE DISQUALIFIED**

PASADENA RUNNING ROSES

- *** SATURDAY RUNNING EVENTS START AT 8:00AM ***

1,500M RACE WALK (FINAL)	BG, BB, MG, MB
3,000M RACE WALK (FINAL)	YG, YB, IG, IB, YW, YM
100M DASH (SIMI)	SBG THROUGH YM
400M DASH (FINAL)	BG THROUGH YM <u>*SUB-BANTAMS WILL NOT RUN*</u>
110M HURDLES (FINAL)	IB, YM
100M HURDLES (FINAL)	YG, YB, IG, YW
80M HURDLES (FINAL)	MG, MB
4X100M RELAY (FINAL)	SBG THROUGH YM
3,000M RUN (FINAL)	MG, MB, YG, YB, IG, IB, YW
5,000M RUN (FINAL)	YM
100M DASH (FINAL)	SBG THROUGH YM
4X800 RELAY (FINAL)	MG, MB, YG, YB, IG, IB, YW, YM

- *** SATURDAY FIELD EVENTS START AT 8:00AM***

HIGH JUMP	MG, MB, YG, YB
MINI JAVELIN	BG, BB, MG, MB
JAVELIN	YG, IG, YW, YB, IB, YM
LONG JUMP	YB, YG, SBG, SBB, IG, IB, YM, YW
SHOT PUT	MG, MB, YG, YB, IG, YW, IB, YM, BB, BG

- *** SUNDAY RUNNING EVENTS START AT 8:00AM***

1,500M RUN (FINAL)	BG THROUGH YM
400M HURDLES (FINAL)	IG, IB, YW, YM
200M HURDLES (FINAL)	YG, YB
800M RUN (FINAL)	BG THROUGH YM
PARENT 4X100M RELAY	
200M DASH (FINAL)	SBG THROUGH YM
4X400M RELAY (FINAL)	BG THROUGH YM

- *** SUNDAY FIELD EVENTS START AT 8:00AM ***

HIGH JUMP	BG, BB, IG, IB, YM, YW
DISCUS	MG, MB, YG, YB, IG, YW, YM
POLE VAULT	YG, YB, IG, IB, YW, YM @ 12:00 NOON
TRIPLE JUMP	YM, IB, IG, YG, YB, YM
LONG JUMP	BG, BB, MG, MB