

Los Angeles Jets
25th Annual Invitational

Sponsor by: Los Angeles Jets Track Club

Sanctioned by: Southern California Assoc./USA-T & F

Date: May 23-24 2009

Time: May 23rd -Field Events and Running Events 8:00 a.m.

May 24th - Field Events and Running Events 8:00 a. m.

Site: Richard Gahr High School

11111 Artesia Boulevard Cerritos, CA 90703

The track and field event runways have a tartan surface and are **restricted to 1/4" spikes or less**, Seats 11,000. Tents and Umbrellas are restricted to top six rows. **ROPED OFF AREAS WILL NOT BE PERMITTED THIS YEAR!!!!**

Directions:

From: Los Angeles take the Harbor (110)F/W South to Century (105) F/W East to (605)F/W South, Exit Alondra, East to Studebaker Road, Right to Artesia Blvd.. Site on you Left.

From: San Diego take (405)F/W North to (605) F/W North to Alondra Exit, East to Studebaker Road, Right to Artesia Blvd.. Site on you Left.

From: Ventura County take (101) F/W South to San Diego (405) F/W South to Century (105) F/W East to (605)F/W South, Exit Alondra, East to Studebaker Road, Right to Artesia Blvd.. Site on your Left.

Entry Fees:

\$3.00 per event, \$12.00 per relay. Fees can be paid On-Line with your credit card.

Meet Registration: Go to our Online Registration

Coacho.com

On Line Registration Deadline: Midnight May 18, 2009

(No Mailed, Faxed, or E-mailed entries will be accepted).

Late Registration:

Late entries will be \$ 6.00 per event/\$24.00 per relay and subject to lane availability. Late registration will be available at meet headquarters, Embassy Suites Hotel, 8425 Firestone Blvd., Downey, Ca 90241 on Friday, May 22 from 6:00 to 9:00 p.m., Late registration at the meet will be restricted to 7:00 a.m. to 9:00 a. m. on Saturday and Sunday.

Eligibility: All participants must be currently registered and verified with USATF. Participants from other associations must bring a copy of your verified registration according to their birth year in the following age Divisions:

Divisions:

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

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

Awards: Large custom medals will be awarded to first, second and third place, custom ribbon, fourth through eighth place in each event. Athletes must wear their competition number when picking up their awards)

Division trophies will be presented to the top two teams in the Sub-Bantam through Intermediate Divisions. Team trophies will be presented to the top two boys and girls teams, using the 10- 8-6-4-2-1 system. The host team will be excluded from division & team awards but will displace in the scoring.

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 in charge of their event when it is called.

Meets Results: Will be placed on our web site by May 26, 2009.
www.lajetstrackclub.org

Protests: Protest must be made in writing (rule number must be indicated with a \$35.00 deposit within 30 minutes of posted result). Give protest to meet referee.

Packet Pickup: Packets for pre-registered teams will be available at meet headquarters on Friday evening and at the track stadium on both days.

Concession: A Snack Bar, T-Shirts, and programs will be available both days.

L. A. JETS 25th ANNUAL INVITATIONAL ORDER OF EVENTS

SATURDAY - MAY 23, 2009

START TIME 8:00 AM

1500M Race Walk F -BG, BB, MG, MB
3000M Race Walk F -YG, YB,IG, IB, YW, YM
100M Dash S/F- SBG through YM
400M Dash F/F -Bantam - through YM
110M Hurdles F/F -IB, YM
100M Hurdles F/F -YB, YW, IG, YG
80m Hurdles F/F -MG, MB
4X100M Relay F/F -SBG - through YM
3000M Run F -MG, MB, YG, YB, IG, IB, YW
5000m Run F YM
100M Dash F -SBG - through YM
4x800M Relay F -MG - through YM

SATURDAY-FIELD EVENTS (Start 8:00 am)

High Jump -MG, MB, YG, YB
Mini Javelin -BG, BB, MG, MB (This facility will not allow the regulation javelin to be thrown)
Long Jump -YB, YG, SBG, SBB, IG, IB, YM, YW
Shot Put -MG, MB, YG, YB, IG, YW, IB, YM, BB, BG.

SUNDAY * MAY 24, 2009

START TIME 8:00 AM

1500M Run F/F -BG through YM
400M Hurdles F/F -IG, YW, IB, YM,
200M Hurdles F/F -YG, YB
800M Run F/F -BG through YM
200M Dash F/F -SBG through YM
Parent 4X100 Relay
4X400M Relay F/F -Sub-Bantam - through YM

SUNDAY-FIELD EVENTS (Start 8:00 am)

High Jump -BG, BB, IG, IB, YM, YW
Discus -MG, MB, YG, YB, IG, YW, IB, YM
Triple Jump -YM, IB, IG, YG, YB, YW
Long Jump -BG, BB, MG, MB
Pole Vault All Start at 12 noon

HOTELS

Meet Headquarters – Embassy Suites Hotel

8425 Firestone Blvd. 7.0 miles from site
Downey, CA 90241
Phone # (562)-862 3900
Double suites sleeps 6 / \$129.00 – King suites sleeps 4/ \$129.00
Ask for Tatiana / refer to L. A. Jets (*cut off date May1, 2009*)
Free-full breakfast & after hours snacks / free parking

.....
Days Inn & Suites 0.9 miles from site

17510 Pioneer Blvd
Artesia, CA
Phone # 562- 924 6700 / refer to L. A. Jets
Doubles \$75.00 Singles \$65.00

.....
Rodeway Inn Norwalk 3.1 miles from site

11734 Imperial Hwy.
Norwalk, CA
Phone# 562-868 3211/ ask for peter / refer to L. A. Jets
Doubles \$68.00 Singles \$59.00

.....
Best Western Inn 3.4 miles from site

10902 Firestone Blvd.
Norwalk, CA / refer to L. A. Jets
Phone # 562- 929 8831
Doubles \$89.00 + tax Singles \$75.00 + tax

.....
Quality Inn & Suites Cypress 4.6 miles from site

5651 Lincoln Ave.
Cypress, CA 90630
Phone # 714-821 8011 ask for Amy / refer to L. A. Jets
Doubles \$65.00 Singles \$60.00

.....
Hampton Inn & Suites

7828 Orangethorpe Ave
Buena Park CA 90621
Phone # 714-232 4210 ask for Carmen Cheung / refer L. A. Jets
Doubles & Singles \$89.00 tax 12%
Complimentary hot breakfast from 6am – 10am

.....
Embassy Suites Hotel

3100 East Frontera 13 miles from site
Anaheim, CA
Phone # 714-618 9017 ask for Danny Sadler / refer L.A. Jets
Doubles & Singles suites \$109
Complimentary full breakfast

.....
All the hotels have-(Nearby Attraction: Knott's Berry Farm, Soak City, Disneyland and more)