

BAY CITIES UNLEASHED TRACK & FIELD CLUB

12th ANNUAL ALL-COMERS MEET

HOSTED BY: Bay Cities Unleashed Youth Track and Field Club

DATE: March 13, 2010

SITE: BANNING HIGH SCHOOL
1527 LAKEM AVE
WILMINGTON, CA 90744
(310) 847-3700

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.....	2002-
Bantam.....	2000-2001
Midget	1998-1999
Youth.....	1996-1997
Intermediate.....	1994-1995
Young Men/Women.....	1992-1993

Limitation: Sub Bantam and Midget division are limited to **three** events. Sub Bantams may compete in the 4x100m/4x400 relay, 200m and long jump,min javelin, shot put. 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)**
LATE Registration will be restricted to 7:00 a.m. to 10:30 am on Saturday

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.

MEET WILL TAKE PLACE RAIN OR SHINE

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

1500M RUN BGBB, MG, MB, YG, YB, IG, IB, YW, YM
4X 100M RELAY ALL DIVISIONS
200M DASH SBG, SBB (Sub Bantams ONLY)
400m BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
100M ALL DIVISIONS
200M/400M HURDLES YG, YB, IG, IB, YW, YM
4X800 RELAY MG, MB, YG, YB, IG, IB, YW, YM

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, SBG, SBB

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

Javelin

YG, YB, IG, IB, YW, YM

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