



27TH ANNUAL  
LONG BEACH SPRINTERS  
TRACK MEET

SANCTIONED: SOUTHERN CALIFORNIA ASSOCIATION / USATF

**DATE:** MAY 01- MAY 02, 2010

**SITE:** NATHANIEL NARBONNE HIGH SCHOOL  
24300 SOUTH WESTERN AVENUE  
HARBOR CITY, CA 90710  
TEL: (310) 257-7100

**MEET MANAGERS:** DEBORAH REID 310-346-4149 &  
CHUCKY HAMPTON 562-786-2748  
GREGORY MURPHY 562-313-9075

ALL-WEATHER TRACK SURFACE AND RUNWAYS. RESTRICTED 1/4"  
SPIKES OR LESS - NO GUM, OR ANY COLORED DRINKS ALLOWED ON  
TRACK. WATER ONLY

**REGISTRATION:** ALL ENTRIES WILL BE DONE ON-LINE AT  
COACHO.COM.

ON-LINE REGISTRATION DEADLINE: MIDNIGHT APRIL 25, 2010  
(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 VERIFIED

**DIVISIONS:** SUB-BANTAM 02 & LATER \* BANTAM 00-01 \* MIDGET 98-99 \* YOUTH 96-97 \* INTERMEDIATE 94-95; YOUNG MEN/WOMEN 92-93

**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:** LIMITED TO SPACE AVAILABLE, NO TEAM CANOPIES WILL BE ALLOWED ON THE WARM UP FIELD, CANOPIES CAN BE SET UP ON THE NORTHEAST SIDE OF STADIUM. (SIGNS WILL BE POSTED 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 ATHLETE (S) OR SPECTATOR (S) WILL BE ALLOWED TO ENTER ANY BUILDING (S) IN THE ADJACENT OR SURROUNDING 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 \$45.00 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](http://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: PARKING ALLOWED IN LEGAL PARKING STULLS  
ONLY NO PARKING BEHIND STADIUM WILL BE ALLOWED -  
YOU WILL BE TOWED AT YOUR EXPENSE**



**SCHEDULE OF EVENTS  
START TIME 8:00 AM  
SATURDAY- MAY 1, 2010**

**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- MAY 02, 2010  
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 – (ALL DIVISIONS)**

**WILL START IMMEDIATELY AFTER LJ**

**LONG JUMP BG, BB, MG, MB**

**POLE VAULT YM, YW, YG, YB, IG, IB (START TIME 12:00 P.M. ALL)**