

Los Angeles Jets
26th Annual Invitational

Sponsor by: Los Angeles Jets Track Club

Sanctioned by: Southern California Association/USA-T & F

Date: May 28-30 2010

Time: 6:00 PM May 28th Field Events and Running Events

8:00 AM May 29th & 30th - Field Events and Running Events

**Site: Narbonne High School
24300 Western Avenue
Harbor City, CA 90710**

The track and field event runways have a New Tartan Surface and are **restricted to 1/16, or 1/4" Pyramid Spikes** , Seats 5,000. Tents and Umbrellas are restricted to top six rows. **NO ROPED OFF AREAS WILL NOT BE PERMITTED.**

Directions:

From: Los Angeles take the Harbor (110)F/W South to Sepulveda Blvd West, to Western Ave. Left to 242nd, Left to parking lot.

From: San Diego take (405)F/W North to Harbor (110)F/W South to Sepulveda Blvd West, to Western Ave. Left to 242nd, Left to parking lot.

All vehicles must be parked appropriately between the designated lines and not blocking another vehicle. **Recreational Vehicle must park on the street.**

Entry Fees:

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

Meet Registration: Go to our Online Registration

Coacho.com

On Line Registration Deadline: Midnight May 24, 2010

(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 – Holiday Inn** 19800 South Vermont Ave. 90502(4.36 miles to site) on **May 28 from 4:00 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 for seeding.**

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

Limitation: Sub-Bantam Events 100m, 200, Long Jump, Mini-Javelin, 4x100m Relay and 4x400m Relay (**no 400m Dash**). Sub- Bantam thru Midgets are limited to three(3) events. Youth and over 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 31, 2010.
www.lajetstrackclub.org

Protests: Protest must be made in writing (rule number must be indicated with a \$35.00 cash 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. (event tags for pre-registered athletes competing on Friday will be at the meet site), and at the track stadium on Saturday and Sunday.

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

L. A. JETS 26th ANNUAL INVITATIONAL ORDER OF EVENTS

FRIDAY - MAY 28th

START TIME 6:00 PM

3000M Run F -MG, MB, YG, YB, IG, IB, YW

5000m Run F -YM

FRIDAY FIELD EVENTS

Long Jump - SBG,SBB

Triple Jump - YM, IB, IG, YG, YB, YW

SATURDAY - MAY 29th

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

4x800M Relay F -MG - through YM

100M Dash F - SBG - through YM

SATURDAY-FIELD EVENTS (Start 8:00 am)

High Jump -MG, MB, YG, YB

Mini Javelin -BG, BB, MG, MB, SBG, SBB (regulation javelin not allowed)

Long Jump -YB,YG,IG,IB,YM,YW

Shot Put -MG, MB, YG, YB, IG, YW, IB, YM, BB, BG.

SUNDAY - MAY 30, 2010

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

Long Jump -BG, BB, MG, MB

Pole Vault All Start at 12 noon

L. A. JETS INVITATIONAL 2010 HOTELS

Meet Headquarters – Holiday Inn

19800 South Vermont Ave. (4.36 miles to site)

Torrance, CA 90502

Phone # (310) 781-9100

Doubles & Singles \$84.00 + tax

Ask for Dorcus Lamb / refer to L. A. Jets Invitational

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Staybridge Suites

19901 Prairie Ave.

Torrance, CA 90503

(310) 421-3391

One bedroom suite - \$95.95+ tax per night

Two bedroom suite(2 private bathes) -149.95+ tax per night

Trio suite (two bedroom suite with two private baths \$199.95+ tax per night

Rates include FREE full American Breakfast buffet daily for all hotel guests

FREE self-serve laundry facilities (no coins required). FREE shuttle service (3 mile radius)

Best Western Avita Suites

3531 Torrance Blvd.

Torrance, CA 90503 (4.14 miles from site)

(310) 540-5051

Full Breakfast – Refer L. A. Jets Invitational

Studio Suite 1 Queen \$87.00 + tax – 2 Queen \$95.00 + tax – One Bedroom Suite \$110.00 + tax

In Suite: 32” LCD with Direct HDTV, Wet Bar, Refrigerator & Microwave, Large Work Desk

Quality Inn

850 East Dominquez Street (7.71 miles from site)

Carson, CA 90746

(310) 715-6688

Contact Person – Mike

\$72.00 + tax per night – Refer L. A. Jets Invitational

Hampton Inn

767 East Albertoni Street

Carson, CA 90746

(310) 768-8833

All Rooms \$98.10 + tax per night

Refer L. a. Jets Invitational

Roadway Inn

1665 Pacific Coast Hwy (1.24 miles from site)

Harbor City, CA 90710

(310) 326-9026 Call For Rate L. A. Jets Invitational Rate

Suite Dreams

1817 North Sepulveda Blvd. (10.0 miles from site)

Manhattan Beach, CA 90266

(310) 546-8942

Studio Suites 1 Queen \$90.00 + tax – 2 queens \$99.00 + tax

For additional hotels refer to the L. a. Jets website www.lajetstrackclub.org after April 12, 2010

