



2010 SOUTHERN CALIFORNIA ASSOCIATION TRACK AND FIELD CHAMPIONSHIPS



Revision 5/16/10

DATE: June 11-12-13, 2010

SITE: Cerritos College, 11110 E. Alondra Bl Norwalk, CA 90650

STARTING TIME: 5:30 PM on Friday June 11th First call 5:00 PM for Race Walks
8:30 A.M. Sat. and Sun. First Call 8:15 a.m. See attached schedule of events.

SANCTION: Southern California Association USAT&F. USAT&F rules will apply with special provisions for youth athletics.

CO-MEET DIRECTORS: Denise Smotherman (909) 595-0103; Steve Todd (562) 618-0435
REGION COORDINATOR: Mobarik Haneef 949 395-4094 (Call only between 11:00am and 9:00pm)

ENTRY DEADLINE: **June 7 , 2010**– That includes online and e-mail entries

ENTRY FEES: \$6.00 per event, \$24.00 per relay. Relays count as an event for each team member, plus alternate. Late Registration \$10.00 per event, \$40.00 per relay. **Clubs, please be prepared to pay your \$30.00 clean-up fee when you pick up your team packet. That payment can be a team check or cash.** Make checks payable to **So Cal Association Youth.** (SCA Youth)

YOU MUST HAVE A LEGITIMATE USATF MEMBERSHIP # AND MUST BE DATE OF BIRTH VERIFIED BEFORE GOING TO THE ONLINE WEBSITE. Register for a membership # by going to usatf.org/membership. Make sure that the Santa Fe Springs office has a copy of your Birth Certificate.

Entry fees are non-refundable. CHANGES made after June 7th will be charged \$10.00 per event. To register for the meet go online to http://usatfregistration.com/meet/entry/ca_usatfyouthsca/. That deadline is June 7, 2010 – 11:59 pm pst. Credit Card (Visa or MasterCard) are the only method of payment excepted: If you don't have either of the above, then make sure that I have your payment by **June 7th**. Bounced checks will result in your athlete being removed from the entries at both the Association and the Regional meet. **PLEASE DO NOT COME TO THE MEET WITH ANY PAYMENT DRAMA.**

Online Registration will open on May the 11th and close on June the 7th.
Denise Smotherman
165 South Dommer Ave
Walnut, CA 91789
(909) 595-0103 – (951) 9616207 cell

With late fees in affect, the very last chance to enter the meet will be Wednesday June the ninth (9th) from 6:30pm to 9:00pm at the Downey Senior Citizen office. UNATTACHED ATHLETE ARE UNDER THE SAME REQUIREMENTS as the teams. Any question regarding this meet should contact me prior to the meet.

TEAM PACKETS: Team packets will be available for pickup at the registration table starting at 7:15 a.m. on Sat and Sun. They will be available by 4:00 pm on Friday June 11th

ELIGIBILITY: All entrants must be currently registered with USA T&F and in the proper age group corresponding with their year of birth.

AGE DIVISIONS:

Bantam	2001-2000	Midget	1999-1998
Youth	1997-1996	Intermediate	1995-1994
YoungMen/Women	1993-1992 and (18yr olds born <u>after</u> August 1, 1991)		

EVENT LIMITS: Bantam and Midgets - 3 events maximum
Youth and above - 4 events maximum

FIRST AID: A first aid station will be located on the infield just to the left and behind the timing tent It is always a good practice for each team to have adequate first aid supplies with them as well. .

PARKING FEE \$3.00 for Cars per day and \$ 5.00 per Motor home per day

- SOUVENIRS:** Programs \$ 3.00 and meet T-shirts will be available for \$15.00
Concessions will also be available both days, but the hearty food is the food you bring from home. Spikes will be sold for \$3.00 per set.
- FACILITIES:** The track is an all-weather 9-lane surface including the long jump, triple jump, high jump and pole vault approaches. There is a grass approach in the Javelin.
¼ INCH PYRAMID SPIKES ONLY. NO NEEDLES PLEASE
- NOTE:** The infield area will be off-limits to all coaches, AND parents except those that are working at a particular event. Coaches may assist Bantam athlete in obtaining an initial mark in the jumping events then leave the field. Absolutely NO COACHING will be allowed from the coaches working at the events on the INFIELD.
- LATE ENTRIES AND CHANGES:** Wednesday Evening FROM 6:00 PM TO 9:00 PM; No late registration on the day of the meet will allow us to run a more efficient meet. **Be proactive and register early.** Remember those changes will cost and there is always a possibility that the event may be closed.
- EVENT CHECK-IN:** **COACHES PLEASE PAY CLOSE ATTENTION TO THIS SECTION**
For running events: Report to the clerk of the course when the event is called - approximately 30 minutes prior to the start of the event. 3 calls will be given for each event. **Athletes not responding to the call for their lane assignment will not be seeded into that event and will be scratched.** We will contact the field events that are in progress to make sure your athlete is checked in, but Coaches this does not lessen your responsibility to make sure your athlete is paying attention. **Once that event is closed, that event will be seeded and there will be no additions and there will be no refunds.**
Athletes switching heats or lanes will be DISQUALIFIED.
If fewer than nine (9) athletes report to the clerk, a signature will be required and then that event will be run as a final at its normal time with only those athletes who have checked in.
- For all field events When the event is called, report directly to the field event clerk.
- EVENTS:** All championship events will be contested. Three preliminary attempts will be allowed in the field events; nine athletes will advance to the finals for three additional attempts. **2000m Steeple Chase and hammer throw athletes will be waived into the Regional meet. You must register by email to the email address listed above. Payment and Junior Olympics application must be mailed by the deadline. IG IB YW YM**
- ADVANCING:** The top 8 finishers in each event will advance to the Regional J.O. competition to be held June 25, 26, 27 2010 in Las Vegas NV. There is a change in how you declare into the region 15 meet. You must go back online using the same address as you did to enter the association meet.
An unattached athlete or teams with finishers in the top 10 places must go online and declare within 48 hours of the posting of eligible advancers who qualified at the association meet. At the end of the 48 hours the top 8 finishers will then be determined out of the top 10. If any of the top 8 don't declare, the move up will come from the 9th and 10th place finisher. Refunds will go to 9th or 10th finisher if they are not used to satisfy the top 8.
At the end of the regional meet all of the athlete that finished in the top 3 places plus the 4th place person that hits the JO standard should declare before leaving the meet.
The Regional fees are \$7.00 for individuals and \$ 28.00 for relays. The Junior Olympic fees are \$8.00 for individual events, and \$32.00 for relays. If you qualify to move on to the Junior Olympics, you must pay by the end of the day. **EXACT CHANGE PLEASE.**

- AWARDS:** Junior Olympics medals will be awarded for 1st through 3rd place. Awards CAN be distributed to athletes.
- MEET RESULTS:** Meet results will be available online within a week after the meet. Please do not contact webmaster or the Santa Fe office regarding results. They will be posted at scausatf.org/youth/results.
- PROTESTS:** Protests must be made in writing and accompanied by \$50.00 deposit to a meet director. The protest must be filed within 30 minutes after the results have been announced or posted. If the protest is upheld, the deposit will be refunded. You must cite the rule that is the basis of your protest.

Two rules that you need to know regarding the relays and team representation; IMPORTANT TO KNOW

1. b) In order for an athlete to be eligible on a club roster, he/she **MUST** be a member of USATF and **MUST** have the club number listed on his/her membership in the USATF Membership Database. Each club must be a current USATF registered club.
 2. The relay roster must be submitted at the first round of competition by the entry deadline of the association meet. Once this roster is submitted at the level, no additions or alterations can be made and the roster may not be returned to the coach, parent or athlete.
- YOUTH PROCEDURE 103: Junior Olympics Relay Procedures In the Youth Hand Book**

The 90 day waiting period is measured from the date the athlete last competed in a USATF SANCTIONED competition.

What factor may determined the intent of an athlete to represent a club? The following may be used to determined the athlete intention to represent a club: a) club name appears on a submitted entry form or seed card. b) club affiliation is indicated in the results, and c) club uniform is worn by the person.

THERE WILL BE A COACHES ADVOCATE ASSIGNED TO TAKE CARE OF ANY FINISHLINE PROBLEMS. DO NOT GO TO THE TIMING TENT FOR ANY REASON. THAT IS WHAT YOUR ADVOCATE IS FOR. IF YOU IGNORE THIS REQUEST, YOU STAND THE CHANCE OF HAVING YOUR ATHLETE DISQUALIFIED.

PLEASE READ AND RELAY THIS MESSAGE TO ALL OF YOUR COACHES/PARENTS AND ATHLETES

FEES:

Association Junior Olympic Championships - \$6.00; Regional fees - \$7.00; Junior Olympic fees - \$8.00; Multi fees are different, so make sure that you know how much they are before entering in that event.

Coaches, it's that time of year again and most of us have this process down to a science. We all know what is expected and if you don't, then it is up to you to seek the proper guidance between now and the meet. Here are a few tips that can make your life easier.

1. Apply for all membership cards prior to the meets and have them verified prior to the meet. I will verify with the SCA office whether or not there is a Birth Certificate on file, especially those that were applied for on-line. No exceptions. (Proper identification includes: a readable, legal Birth Certificate, or driver's license, or passport. Absolutely no hospital certificates will be accepted.) Only DOB verified athletes will be able to do online registration.
2. Late entries will only be taken on the date listed above. NONE AT THE MEET. If you missed the online registration you still must be DOB Verified by the time you come to the last late registration on 6/9/10
3. The Relay declaration form is the only form that has to be completely filled out and turn in when you pick up your team package. Coaches, you should put every athlete on your team in that particular age division on the list regardless to whether or not that athlete has any intention of going to the JO meet. I won't be able to check later, so please be smart and include everybody. There will be 1 final call prior to the first relay for all relay declarations. After that last call, your team will not be allowed to check in at the clerking tent. They will have a copy of those declarations and if it is not there YOU won't be either. Regardless to who you are!!!!.

Make a duplicate copy for your own record. I will stamp it to make it a credible copy. **COACHES PLEASE ACT RESPONSIBLE. HAVE THEM READY FROM THE BEGINNING.**

COACHES DO THE RIGHT THING. Control your athletes. Meet with your athletes and parents to inform them about the SCA RULES. The warnings have not been heard, so consider this their last warning. This part of the season is the worst time for any of your athletes to be disqualified. Excuses will not be heard. Please remind your parents and athletes about the

STADIUM RULES,

- a. **THEY ARE. NO basketballs, footballs, boom boxes and skateboards allowed in the STADIUM,**
- b. **ABSOLUTLY NO DOGS OR DESIGNER DOGS WILL BE ALLOWED IN THE STADIUM. DON'T EVEN TRY TO HIDE THEM IN YOUR PURSE OR JACKET. YOU AND YOUR DOG WILL BE ASKED TO LEAVE.**
- c.. **The 90 day rule is in affect. Any possible situations must be brought to my attention before the meet. Violations of the rule could affect your team.**
- d. **I know what's in those red plastic cups and those Mc Donald cups that you walk around with all day, if you won't respect your kids, then please respect the other athletes' Your behavior is a dead give away and we can smell it on your breath. You and your athlete will be asked to leave the facility.**
- e. **Coache please inform you athletes that they can only take water onto the infield in there track bags. Absolutely no sunflower seeds, gum or Gatorade type drinks are allowed on the infield. Please explain that those type items are damaging to the turf infield and will cause us a negative report to the department that has been granting us useage of this nice facility. Athletes not complying with this can be disqualified from the meet.**
- f. **I will need 6 video cameras with fresh batteries and a tape that we can use for the purpose of the 4x100 meter relay zones. We will need to keep the tapes for a minimum of 3 hours after all of the 4x100 meter relays are done for protest purposes. We will then return them once we've cleared all possible PROTEST. They will be classified as the official meet cameras. The relay videos are the ONLY photo evidence that we will review.....**

THE CAMPUS IS OFF LIMITS!!!..... We will have more than enough restrooms and porta-pottie. The campus police will be very strict about this rule and SCA Youth will not be there for your protection. We wish you all a good meet.

The changes that are being made were to reduce some of the paper work that we used in the past. By going online and only using the info that is in the national office we can save some trees and lot of time. I am sure that there are a few more changes to come. I will keep you all informed as I hear. Denise Smotherman

Just some thoughts regarding our Regional Meet in Las Vegas. I think all parents, coaches and team managers should consider taking as much shade as they can. It is going to be hot and we all should be concerned about keeping themselves and especially their athletes hydrated and relaxed. That might mean that you set up a comfort station outside of the stadium. Bring plenty of ice and water and some type of towels to put over anyone that is getting over heated. Athlete should not be running all around in between their events. I am going to be making as many suggestions as I can in hopes that it will be as comfortable as possible for all in attendance.



SCA-USATF ASSOCIATION CHAMPIONSHIP MEET

JUNE 11-12 -13-2010

ORDER OF EVENTS



June 11 – Friday Start Time: 5:30 pm

Race-walk	Final	BG –YM
3000	Final Flights	MG –YW
5000mRun	Final	YM
400m	Semi – Final	BG –YM

FIELD EVENTS Start Time: 5:00 pm PROMPTLY

Discus	Final	YM- YW- IB-IG- YG-YB- MG-MB
Javelin	Final	YB-YG-IB-IG YM-YW
Long Jump	Final	IG-IB-YM-YW

June 12 –Saturday Start Time: 9:00am

100m	Semi – Final	BG –YM
1500m	Final Flights	BG – YM
400m	Final	BG - YM
110m Hurd	Final Flights	IB - YM
100m Hurd	Final Flights	YW-IG-YB-YG
80M Hurd	Final Flight	MG-MB
4x100m Relay	Semi-Final	BG-YM
4x800m Relay	Finals	MG-YM
200m	Semi-Final	BG-YM

FIELD EVENTS Start Time 8:30 am PROMPTLY

Long Jump	BG- BB- MG- MB- YG-YB
High Jump	MG- MB- YG- YB
Mini –Javelin	MG, MB, BG, BB
Shot Put	YM, YW, YG, YB, MB, MG, BG, BB, IG, IB

June 13 – Sunday Start Time: 9:00am

400m	Hurd	Final	IB- YM- IG- YW
200m	Hurd	Final	YG- YB
4x100m	Relay	Final	BG –YM
800m	Run	Final Flights	BG- YM
200m	Dash	Final	BG- YM
4x100m	Parent/Coach Relay	Also we will be taking a coaches photo, Wear your team shirts	
100m	Dash	Final	BG- YM
4x400m	Relay	Final Flights	BG- YM

FIELD EVENTS Start Time 8:30 am PROMPTLY

High Jump	BG- BB- IG- IB- YM- YW
Triple Jump	YW, YM, YB, YG, IG, IB
Pole Vault (10:00am)	YM- YW- YG- YB- IG-IB

Waived athletes in the steeple chase will be competing at the Regional

2010 USATF Junior Olympic Program
Participant Waiver & Release Form

- I voluntarily agree to participate in the 2010 USA Track & Field Junior Olympic Championships and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the 2010 USA Track & Field Junior Olympic Championships, from any cause whatsoever, including the fault or negligence of Releasees (as defined below). I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the local USATF Association, the Local Organizing Committee, the Facility and Championship Sponsors, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the 2010 USA Track & Field Junior Olympic Championships. In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

- By entering this competition, I grant USA Track & Field, Inc. a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information, in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the sport of Athletics. In no event, however, will such usage constitute an endorsement of any product or service without my specific written consent.

- Athletes who participate in this competition may be subject to drug testing. Visit the competition's Athlete Information page for more information. (www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships)

Signature - **ATHLETE**

Signature - **PARENT / GUARDIAN** (Must be signed if athlete is under 18 years of age.)

Last Name _____ **First Name** _____

Full USATF Club Name _____

USATF Club Number ____/____/- ____/____/____/____/

USATF Association _____ **USATF Region** _____

2010 USATF Memb. No. ____/____/____/____/____/____/____/____/____/____/ (Required)

ADA request: I am requesting an accommodation for a disability as follows:

(Visit www.usatf.org/about/legal/policies/ADA.asp for forms and procedures) *

Please note: All requests for accommodations must be received six weeks prior to the date of competition.

List allergies and current medications:
