



BCU  
Bay Cities Unleashed  
Youth Track & Field



9th ANNUAL INVITATIONAL  
SCA JO QUALIFER

**SPONSORED BY:** BCU Track Club

**MEET DIRECTOR:** George Cannon (310) 632 – 3908

**SANCTIONED BY:** Southern California Association/US ATF

**DATE:** May 5, 2018 & May 6, 2018

**STARTING TIME:** All Field and Running Events start at 8:00AM

SITE: Narbonne High School  
24300 S. Western Avenue  
Harbor City, CA 90710

The Track and Field event runways have a tartan surface and are restricted to 1/4" spikes or less. Tents and umbrellas are restricted to top six rows.

**DIRECTIONS**

**From LA:** Take the (110) Harbor Freeway South to Sepulveda Blvd, West to Western Ave, left to 242nd Street and a right to parking lot.

**From San Diego:** Take the (405) San Diego Freeway North to the (110) Harbor Freeway South to Sepulveda Blvd, West to Western Ave, left to 242nd Street and right to parking lot.

**From Ventura County:** Take the (101) Ventura Freeway South to the (405) San Diego Freeway South to the (110) Harbor Freeway South to Sepulveda Blvd., West to Western, left to 242nd Street and a right to parking lot.

**From San Bernardino and Inland Empire:** Take the (91) Riverside Freeway West to the (110) Harbor Freeway South to Sepulveda Blvd., West to Western Ave, left to 242nd Street and a right to parking lot.

All vehicles in the parking lot must be parked properly and not blocking another vehicle. Large Recreational Vehicles must park on the street.

**ENTRY FEES:** \$3.50 per event, \$14.00 per relay. Fees will be collected at the meet. **(NO PERSONAL CHECKS. ONLY CLUB CHECKS WILL BE ACCEPTED)**

**Registration opens 4/11/18**

**ENTRY TAGS:** The clerk will not accept any entry tags that have been changed or altered.

**MEET REGISTRATION:** Go to our online Registration Athletic.net

**ONLINE REGISTRATION DEADLINE:** Midnight May 3, 2018. (No mailed, faxed, or e-mailed entries will be accepted).

**LATE REGISTRATION:** Late entries will be \$7.00 per event and \$28.00 per relay and subject to lane availability. Late Registration will be available at meet from 7:00 am to 10:30 am on both days.

**ELIGIBILITY:** All participants must be currently registered and age 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. **Participant waiver/release forms for each athlete must be filled out and available prior to the meet. They can be found on the USATF.org website.**

**DIVISIONS:**

• 8 & under - born 2010 + *	• 13&14 - born 2004-2005
• 9 & 10 - born 2008- 2009	• 15&16 - born 2002- 2003
• 11 & 12 - born 2006- 2007	• 17&18 - born 2000- 2001**

**LIMITATIONS:**

- 8 and under; 9-10; and 11-12 years old are limited to 3 events
- 13-14;15-16; 17-18 years old are limited to 4 events

**AWARDS:** Medals will be awarded to first, second, and third place. Custom ribbons will be given to fourth through eighth place in each event.

**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 RESULTS:** Will be posted by May 13, 2018 on [www.scausatf.org](http://www.scausatf.org)

**PROTESTS:** Protest must be made in writing (rule number must be indicated with a \$50.00 deposit within 30 minutes of posted results). Give protest to meet referee.

**PACKET PICKUP:** Will be available at the track stadium on both days.

**CONCESSION:** Snack bar and t-shirts will be available both days

**BAY CITIES UNLEASHED 8th ANNUAL INVITATIONAL**

**ORDER OF EVENTS**

**SATURDAY– May 05, 2018 - START TIME - 8:00 AM**

1500m Race/Walk (Final)	9-10 (G:B), 11-12 (G:B)
3000M Race/Walk (Final)	13-14 (G:B), 15-16 (G:B), 17-18 (G:B)
3000M Run (Final Flight)	11-12 (G:B), 13-14 (G:B), 15-16 (G:B), 17-18 (G:B)
100M Dash (Semi-Final)	8 & Under (G:B) through 17-18 (G:B)
400M Dash (Final Flight)	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)
4X100M Relay (Final Flight)	8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)
400M Hurdles (Final Flight)	15-16 (B), 17-18 (B), 15-16 (G), 17-18 (G)
200M Hurdles (Final Flight)	13-14 (G:B)
4X800M Relay (Final)	11-12 (G:B), 13-14 (G:B), 15-16 (G:B),

**SATURDAY – May 5, 2018 FIELD EVENTS START TIME: 8:00 AM**

High Jump	11-12 (G:B), 13-14 (G:B)
Mini (Turbo) Javelin	8 & under (G:B), 9-10 (G:B), 11-12 Finn Flyer (G:B)
Javelin ( <b>follows MJ</b> )	17-18 (W), 15-16 (G), 13-14 (G), 13-14(B), 15-16 (B), 17-18 (M)
Long Jump	9-10 (G:B), 17-18 (W:M), 15-16 (G:B), 13-14 (G:B)
Shot Put	13-14 (G:B), 11-12 (G:B), 17-18 (W:M)

**SUNDAY – May 6, 2018 START TIME - 8:00 AM**

1500M Run (Final Flight)	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)
200M Dash (Final Flight)	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)
110M Hurdles (Final Flight)	15-16 (B), 17-18 (M)
100M Hurdles (Final Flight)	13-14 (B), 15-16 (G), 17-18 (W), 13-14 (G)
80M Hurdles (Final Flight)	11-12 (G:B)
800M Run (Final Flight)	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)
100M Dash (Final)	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)
Parent 4X100 Relay	Parents & Coaches
4X400M Relay- (Final Flight)	8 & under, 9-10, 11-12, 13-14, 15-16, 17-18 (G:B)

**SUNDAY- May 7, 2018 FIELD EVENTS START TIME: 8:00 AM**

High Jump	17-18 (W), 15-16 (G), 17-18 (M), 15-16 (B), 9-10 (G:B)
Discus	11-12 (G:B), 13-14 (G:B), 15-16 (G:B), 17-18 (W:M)
Triple Jump	13-14 (G:B), 17-18 (M), 15-16 (B), 15-16 (G), 17-18 (W)
Long Jump	8 & Under (G:B), 11-12 (G:B)
Shot Put	9-10 (G:B), 8 & Under (G:B), 15-16 (G:B)
Pole Vault 13	13-14 (G:B), 15-16 (G:B), 17-18 (W:M) ( <b>10:00 START</b> )

**MEET WILL TAKE PLACE RAIN OR SHINE**