



28th ANNUAL TRACK MEET

Sanctioned: Southern California Association / USATF

Revised 4/16/18

Date: April 28, 2018 – April 29, 2018

Site: Downey High School
11040 Brookshire Ave
Downey, CA 90241

Meet Managers: Deborah Reid 310-346-4149 &
Scoey Peters 562-712-1841

All-Weather track surface and runways. Restricted 1/4" spikes or less - No gum, or any colored drinks allowed on Track or infield. Water ONLY

Registration: ALL ATHLETES MUST HAVE A VALID USATF MEMBERSHIP PRIOR TO REGISTRATION

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. All entries will be done on-line at www.meetregister.org

On-Line Registration **Deadline: Midnight April 25, 2018** (PST). Mailed, faxed, or e-mailed entries will not be accepted.

Entry Fees: \$3.50 per individual event, \$14.00 per relay. Cash, money order, or Club Check payable to Long Beach Sprinters. Entry fees are not refundable. (NO PERSONAL CHECKS WILL BE ACCEPTED)

Packet Pick Up / Late entries: Friday April 27, 2018 at Doubletree Hotel - 13111 Sycamore Drive, Norwalk, CA 90650 - TIME: 5:00 PM - 8:30 PM

Package pick up available each day at the meet ONLY from 7:00AM - 9:00AM

Late entries: will be accepted on FRIDAY April 27, 2018 at the Doubletree Hotel \$7.00 per event and \$28.00 per relay.



WSS
Sprinters Track Club



Entry Tags: The clerk will not accept any entry tags that have been changed or altered

Divisions: *8 & Under 2010 & Later
9 & 10 - 2009-2008
11 & 12 – 2007-2006
13 & 14 – 2005-2004
15 & 16 – 2003-2002
17 & 18 - 2001 - 2000

Limitation:

Ages 8 through 12 are limited to three (3) events. Ages 13 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 space available, ONLY Coaches who have COMPLETED ALL REQUIREMENTS OF USATF will be allowed in warm-up area of field. You must have a LBS issued wristband to enter.

NO EXCEPTIONS WILL BE MADE.

NOTE: All coaches shall pick up a wristband at Registration Table prior to start of the meet. LIST OF ALL CLEARED COACHES will be located at coaches table for verification.

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 given 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 will be allowed.

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, by the High Jump pit.





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 \$50.00 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 & www.meetregister.org web sites.

Concession: Snack bar will be available both days.

Canopies: Tents and Umbrellas are restricted to top seats.

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: \$5.00 PER VEHICLE IN AND OUTS WILL BE ALLOWED (Downey High School/LB Sprinters will not be responsible for tickets or towing. Please park in designated parking areas only.





SCHEDULE OF EVENTS
START TIME 8:00 AM
SATURDAY- APRIL 28, 2018

SATURDAY RUNNING EVENTS

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 (W/M)
3000M RUN	FINAL	11-12(G/B), 13-14(G/B), 15-16(G/B), 17-18(W/M)
100M	SEMI-FINAL	ALL DIVISIONS
400M	FINAL	ALL DIVISIONS
4X100M RELAY	FINAL	ALL DIVISIONS
400M HURDLES	FINAL	15-16(G), 17-18(W), 15-16(B), 17-18(M)
200M HURDLES	FINAL	13-14(G/B)
4X800 RELAY	FINAL	11-12(G/B) 13-14(G/B), 15-16(G/B), 17-18 (W/M)

SATURDAY FIELD EVENTS

HIGH JUMP	FINAL	11-12 (G/B) 13-14(G/B)
MINI JAVELIN	FINAL	8 & Under (G/B), 9-10(G/B)
FINN FLYER JAVELIN	FINAL	11/12 G, 11/12B
JAVELIN	FINAL	17-18 (W/M); 15-16 (G/B); 13-14 (G/B)
SHOT PUT	FINAL	13-14(G/B), 17-18(B), 15-16(B), 15-16(G), 17-18 (G)



START TIME 8:00 AM

SUNDAY- April 29, 2018

SUNDAY RUNNING EVENTS

1500M	FINAL	ALL DIVISIONS
200M	FINAL	ALL DIVISIONS
110M HURDLES	FINAL	15-16 (B), 17-18 (M)
100M HURDLES	FINAL	13-14(B), 17-18(W), 15-16(G), 13-14(G)
80M HURDLES	FINAL	11-12 (G/B)
800M	FINAL	ALL DIVISIONS
100M	FINAL	ALL DIVISIONS
4X100M RELAY	FINAL	PARENTS & COACHES
4X400M RELAY	FINAL	ALL DIVISIONS

SUNDAY FIELD EVENTS

HIGH JUMP	FINAL	17-18 G, 15-16 G, 17-18 G, 15-16 B, 9-10 G, 9-10 B
DISCUS	FINAL	11-12 (G/B), 13-14 (G/B), 15 -16 (G/ B), 17-18 (W/M)
LONG JUMP	FINAL	8U (G/B) 11-12 (B/G)
TRIPLE JUMP (follows LJ)	FINAL	13-14(G/B), 17-18(B), 15-16(B), 15-16(G), 17-18 (G)
SHOT PUT	FINAL	9-10(G/B), 8U (G/B), 15-16 (G/B)
POLE VAULT	FINAL	13-14(G/B), 15-16(G/B), 17-18 (W/M)

We are a non-profit track club who greatly appreciate your continued support attending our meet and supporting our invited vendors.

MEET WILL TAKE PLACE RAIN OR SHINE