

IMANI SPEED CITY TRACK CLUB

ANNUAL INVITATIONAL

USATF Sanctioned EVENT & Junior Olympic Qualifier



- Date:** Saturday & Sunday, April 13 & 14, 2019
- Site:** Gahr High School
11111 Artesia Boulevard
Cerritos, CA 90703
- Starting Time:** 8:00 am Running Events – First Call 7:45am
8:00 am Field Events – First Call 7:30 am
- Meet Director:** Steve Todd (562) 618-0435 or Yvette Williams (310) 748-8072
- Eligibility:** 2019 SCA rules require that all participants have a valid 2019 USATF membership. Membership may be done online at www.usatf.org Entries opened to any Boy or Girl, per their year of birth, in the following Divisions:
- | | |
|----------------------------|-------------------------|
| 8 & Under | 2011 & Later |
| 9 - 10 | 2010 - 2009 |
| 11 - 12 | 2008 - 2007 |
| 13 - 14 | 2006 - 2005 |
| 15 - 16 | 2004 - 2003 |
| 17 - 18 | 2002 - 2001 |
- Limitation:** 8 & under, 9-10 and 11-12 are limited to three events. 13-14 and above are limited to four events. **8 & under age 5 & 6 by December 31 are restricted to 100M, 200M, Long Jump, Mini-Javelin Shot Put, 4x100M Relay & 4x400M Relay).**
- Surface:** All-Weather Track and Runway. Restricted 3/16” Pyramid Spikes¼ Spikes.
- Registration:** To register individuals, unattached, and Teams, go online www.athletic.net. Online entry deadline is midnight (PST), Wednesday, April 10, 2019.
- Packet Pick-Up:** Begins at 6:45am on day of event at Registration booth. **Please note:** The clerk **will not** accept entry tags that have been changed or altered.
- Entry Fee:** \$3.50 per individual event and \$14.00 per relay. Entries fees are non-refundable and must be paid by cash, money order, of club check made payable to “Imani Track Club”. Unattached entries to be paid in cash or money order. **(NO PERSONAL CHECKS WILL BE ACCEPTED)**
- Late Entries:** \$7.00 per individual event and \$28.00 per relay. **Late entry table will close at 10:30 on both days.**
- Protests:** Must be made in writing (rule number must be indicated with a \$50.00 cash deposit within 30 minutes of posted result). Protest sheets will be available and must be returned to the registration table.

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- Awards:** Custom medals will be awarded to the first, second and third place. Custom ribbons will be awarded to fourth through eighth place in each event.
- Meet Results:** Will be provided On-Line under www.scausatf.org
- Concession:** Food and Drinks will be available for purchase
- Check-In:** All participants in running events must check in at the Clerk of the Course when their events are called. Events check-in will close 10min after 3rd call - No Exceptions. Field event participants must report directly to the official on the field in charge of the event when called.
- Parking:** \$5.00 per car (in/out allowed). The City of Cerritos is strict with parking restriction and will ticket & tow for illegal parking. Please respect all posted parking restrictions IMANI will not be liable for illegal parking of its guest. **Tents and large umbrellas are restricted to the top rows on both sides of the track.**
- Uninvited guest:** Please advise all parents and athletes **DO NOT** patron uninvited vendors; ice cream carts, or other sales person who have not been authorized to sell at our track meet. Authorized vendors will have a staff pass allowing them to sell items on the property. No sales are to be performed in the parking lots or adjacent streets.
- Pets:** **No** Pets allowed

We are a non-profit track club who greatly appreciates your support for our Concession stands and invited vendors.

REVISED 03/31/19

MEET WILL TAKE PLACE RAIN OR SHINE

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Order of Events

Saturday, April 13, 2019



RUNNING EVENTS – START TIME: 8:00 AM – FIRST CALL 7:45 AM.

1500M Race Walk **F** 9-10/G:B, 11-12/G:B
 3000M Race Walk **F** 13-14/G:B, 15-16/G:B, 17-18/YW:YM
 3000M Run **F/F** 11-12/G:B, 13-14/G:B, 15-16/G:B, 17-18/YW:YM
 100M Dash **S/F** 8&U/G:B through 17-18/YW:YM
 400M Dash **F/F** 7&8/G:B through 17-18/YW:YM
 4X100M Relay **F/F** 8&U/G:B through 17-18/YW:YM
 400M Hurdles (36" / 30") **F/F** 15-16/B, 17-18/YM, 15-16/G, 17-18/YW
 200M Hurdles (30") **F/F** 13-14/G:B
 4x800M Relay **F/F** 11-12/G:B through 17-18/YM:YM

FIELD EVENTS – START TIME: 8:30 AM – FIRST CALL 7:30 AM.

High Jump **F** 11-12/G:B, 13-14/G:B
 Finn Flyer Javelin (450g) **F** 11-12/G:B
 Javelin (**follows Finn Flyer**) **F** 17-18/YW:YM, 13-14 G:B, 15-16/G:B
 Long Jump (Pit 1) **F** 9-10/G, 17-18/YW, 15-16/G, 13-14/G
 Long Jump (Pit 2) **F** 9-10/B, 17-18/YM, 15-16/B, 13-14/B
 Shot Put **F** 13-14G:B, 11-12G:B, 17-18YW:YM



NOTE:

All **Field Event** Participants must go directly to the Field Event for check-in. **Field Events** will advance 9 to finals. **Race Walk Events** may be combined. **3000M Run** may be combined by Gender. Number of Athletes per **3000M Run** (24, Waterfall, 15-16 & 17-18 may be combined and will use a waterfall with 1 alley)

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Order of Events

Sunday, April 14, 2019



TRACKING EVENTS – START TIME: 8:00 AM.

1500M Run **F/F** 8&U/G:B through 17-18/YW:YM
200M Dash **F/F** 8&U/G:B through 17-18/YW:YM
110M Hurdles (39") **F/F** 15-16(B), 17-18 (YM),
100M Hurdles (33") **F/F** 13-14/B, 15-16/G, 17-18/YW
100M Hurdles (30") **F/F** 13-14/G
80M Hurdles (30") **F/F** 11-12/G:B
800M Run **F/F** 8&U/G:B through 17-18/YW:YM
Parent Relay
100M Dash **Final** 8&U/G:B through 17-18/YW:YM
4X400M Relay **F/F** 8&U/G:B through 17-18/YW:YM



FIELD EVENTS – START TIME: 8:30 AM.

High Jump **F** 17-18/YW, 15-16/G, 17-18/YM, 15-16/B, 9-10/G:B
Discus **F** 11-12/G:B, 13-14/G:B, 15-16/G:B, 17-18/YW:YM
Triple Jump **F** 13-14/G, 13-14/B, 17-18/YM, 15-16/B, 15-16/G, 17-18/YM
Long Jump (Pit 1) **F** 8&U/G, 11-12/G,
Long Jump (Pit 2) **F** 8&U/B, 11-12/B
Shot Put **F** 9-10/G:B, 8&U/G:B, 15-16/G:B
Pole Vault (Start at 12 noon) **F** 13-14/G:B, 15-16/G:B, 17-18/YW:YM

NOTE:

All **Field Event** Participants must go directly to the Field Event for check-in. **Field Events** will advance 9 to finals.

Number of Athletes per **800M Run** (12, 1-Turn Stagger), **1500M Run** (18, Waterfall)

Pole Vault may start as early as 11:00 am.

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