



Relay Carnival Track Meet
Updated 2/18/19

Sponsor: The Los Angeles Jets Track Club

Sanctioned: The Southern California Association / USATF

Date: March 30, 2019

Time: 8:00 a.m.

Site: Cerritos College
11110 Alondra Blvd
Norwalk, CA. 90650

All-Weather Track surface and runways. Restricted 3/16" Pyramid Spikes.

Meet Directors: Bob Holden Sanoma Evans
(408) 832-6333 (213) 500-6375
lajetsmgr@gmail.com lajetstrack@gmail.com

Eligibility: Entries opened to any Boy or Girl, according to their year of birth, in the following Divisions:

8 & Under.....2011-2014
9 - 10.....2009-2010
11 - 12.....2007-2008
13 - 14.....2005-2006
15 - 16.....2003-2004
17 - 18.....2001-2002

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.

Limitation: 8 & Under, 9-10 and 11-12 are limited to three events. 13-14 through 17-18 are limited to four events. Registration will start at 7:00 a.m. and will remain open all day.



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- Entry Fees:** \$2.00 per individual event and \$8.00 per relay. Entry fees are to be paid in cash or club check (No personal checks will be accepted)
- Parking:** \$3.00 per car
- Awards:** Custom Ribbons for first through eighth place. All others will receive participant awards.
- 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 on the field in charge of their event when it is called.
- Protests:** USATF Rules will apply. Protest must be accompanied by \$35.00.
- Concession:** A snack bar will be available.

2019 L.A. JETS RELAY CARNIVAL ORDER OF EVENTS

Running Event Order

1500m - 8 and Under (2011 & 2012 only) thru 17-18

4x200m Relay - All divisions

4x800m Relay- 11-12 thru 17-18

400m Dash - All divisions (please put year of birth for 8 & under)

4x100m Relay - All divisions

Parent & Coaches 4x100m Relay

100m Dash - All divisions

4x400 Relay - All divisions



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Field Events

Shot Put – 17/18G, 17/18B, 15/16G, 15/16B, 13/14B, 13/14G, 11/12G, 11/12B, 9/10B, 9/10G, 8/UB, 8/UG

Long Jump - 8/UG, 8/UB, 9/10G, 9/10B, 11/12G, 11/12B, 13/14G, 13/14B, 15/16G, 15/16B, 17/18G, 17/18B

High Jump - 9/10G, 9/10B, 17/18G, 17/18B, 15/16G, 15/16B, 11/12G, 11/12B, 13/14G, 13/14B

Mini-Javelin - 9/10B, 9/10G, 8/UB, 8/UG, 13-14G/B 600gm

Finn Flyer Javelin (following completion of Mini-Javelin competition) - 11/12G, 11/12B

Regulation Javelin (following completion of the Finn Flyer competition) - 13-14(G-B) through 17-18 (G-B)