



LONG BEACH SPRINTERS TRACK CLUB



ANNUAL ALL-COMERS MEET – B-2

Sanctioned by USATF

Sponsored: Long Beach Sprinters Youth Track Club

Date: Saturday, March 9, 2019

Site: Warren High School
8141 DePalma St.
Downey, CA 90241

Starting Times:

6:45am - Registration Opens
7:30am – First Call – Running Events
7:35am – First Call – Field Events
7:45am - Coaches Meeting
8:00am – Running & Field Events Start

Meet Directors *Deborah Reid* (310) 346-4149 & *Scoey Peters* (562) 712-1841

Eligibility: 2018 Season Age Divisions:

Age Division	Year of Birth
8 & Under	2011+*
9 - 10	2009 - 2010
11 - 12	2007 - 2008
13 - 14	2005 - 2006
15 - 16	2003 - 2004
17 - 18	2001 - 2002*

Timing: Hand Timing

Surface: 8 Lane All-weather track surface and runways. Restricted to 3/16 pyramid spikes.
(2) Long Jump pits, high jump, shot put ring. Spikes will be available for purchase for \$4.

Entry Fees: \$2.00 per individual event and \$8.00 per relays.





Entry fees are non-refundable and must be paid in cash, money order or club check (No Personal checks). All checks payable to "Long Beach Sprinters". All unattached entries can be paid with money order or cash only.

DAY OF MEET Registration will start at 6:45 AM and will remain open throughout the meet. Onsite registration is available and will remain open all day. Athletes name and date of birth must be provided. Athletes with altered bibs will not be accepted.

STADIUM INSTRUCTIONS

Seating: Bleacher seating will be used on both sides of the stadium. Tents and large umbrellas will be restricted to the top rows of the bleachers. Tents will also be allowed in designated areas around the facility. Please keep all walkways, fencing and entry gate areas clear.

There will be NO SMOKING, PETS, CHEWING GUM, SHELLED NUTS OR SEEDS permitted on school grounds. Gatorade on or around the track will not be permitted. Setting up the night before will not be permitted. **The stadium will open at 6AM.**

Restroom Facilities: Restrooms facilities will be available on entrance area and home side of the stadium. Athletes are not to enter any classrooms or any other part of the campus.

Concessions: Food and drinks will be available for purchase. NO outside cooking, in the parking lot or in and around the stadium is allowed.

Parking: Parking will be shared with school activities being conducted though out the day. There is limited parking on surrounding residential streets. Please comply with all posted signs. Hosting teams will not be responsible for tickets or towing charges.

NOTE: **Parking - \$5 . IN/OUTS will be permitted.**

Meet Websites: www.longbeachsprinters.com or www.scausatf.org

Awards: Ribbons for all flights. Meet results will be provided at the websites listed above.





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Check In: All participants must check in at the Clerk of the Course when their events are called. Field Events participants must report directly to the official on the field in charge of the event when called.

FIRST CALL 7:30 am (first event of meet)

Running Events: START TIME: 08:00 AM

3000M	Divisions 11/12 (G/B), 13/14 (G/B), 15/16 (G/B), 17/18 (YW/YM)
200M	All Divisions Open & Masters
110 Hurdles	Divisions 15/16 (B), 17/18 (YM)
100M Hurdles	Divisions 13/14 (G/B), 15/16 (G)
80M Hurdles	Divisions 11/12 (G/B)
800M Run	All Divisions (Divisions 8 & under: only 7 & 8 can run)
4X100M Relay	All Divisions
3000M Race Walk (YW/YM)	Divisions 11/12 (G/B), 13/14 (G/B), 15/16 (G/B), 17/18
4X400M Relay	All Divisions

FIRST CALL: 7:35 am (First event of the meet)

Field Events START TIME 8:30AM

LONG JUMP 13/14 (G/B), 15/16 (G/B), 17/18(W/M), 11/12(G/B)
9/10(G/B), 8&U G/B, OPEN & MASTERS

HIGH JUMP 11/12 (G/B), 9/10 (G/B), 13/14 (G/B), 15/16 (G/B),
17/18 (W/M)

SHOT PUT 15/16 (G/B), 13/14 (G/B), 11/12 (G/B), 9/10 (G/B),
8U (G/B), 17/18 (W/M), OPEN AND MASTERS

MINI JAVELIN 9/10 (G/B), 8 &U (G/B)

JAVELIN (Finn-Flyer) 11/12 (G/B)

JAVELIN 13/14(G/B), 15/16(G/B), 17/18(W/M)

Note: Discus and pole vault will not be contested at this facility

MEET WILL BE CONDUCTED RAIN OR SHINE