

**SOUTHERN CALIFORNIA JUNIOR OLYMPICS  
MULTI-EVENT 2005 CHAMPIONSHIPS**

**DATE** July 9-10, 2005

**SITE** **Los Osos High School**  
6001 Miliken Ave  
Rancho Cucamonga, Ca. 91737

**STARTING TIME** 9: 00 am on Saturday 9:00 am on Sunday  
First call 8:45 am on Sunday

**SANCTION** Southern California Association, USA T&F rules will apply..

**HOST** Southern California Association –USA T&F Youth Committee.

**MEET DIRECTOR** Denise Smotherman (909) 595-5305 or 595-0103

**ENTRY FEES** \$15.00 Bantam thru Youth athletes \$ 18.00 for Intermediates and above. You may enter the day of the meet. Make all checks payable to SCA YOUTH . Returned check will be accessed a \$ 25.00 handling fee and can result in loss of check writing privilege to SCA YOUTH in future. Mail checks to.

Denise Smotherman hm # 909 595-5305  
165 South Dommer Ave. fax # 909 595-8446  
Walnut, Ca.91789

**ELIGIBILITY** **All entrants must have a current USA T&F membership number in order to compete here and in the Junior Olympic championships. Advancement to the meet will be \$ 20.00 for the Bantams thru the Youth. The Intermediates and Youngs will be \$ 24.00. Please bring cash for whatever need**

**AGE DIVISIONS**

BANTAM	1995-96
MIDGETS	1993-94
YOUTH	1991-92
INTERMEDIATES	1989-90
YOUNG MEN/WOMEN	1987-88 (18 yr old born in 1986 After august 1 <sup>st</sup> )

**NOTE:** **Pre registration** will make the start go faster.  
Please send me fax or e-mail a list of your athletes so that I may have labels ready to go at 9:00am **Call for more info.**

**FACILITIES** The track is an all-weather 8 lane surface

## **SCHEDULE**

**SATURDAY 9:00 pm Start**  
**BANTAMS- - - - TRIATHLON**  
High Jump, Shot Put, 200 M Girls 400 M Boys

**MIDGETS- - - - -PENTATHLON**  
80M Hurdles, High Jump, Shot Put, Long Jump, 800 M Girls  
1500 M Boys.

**INTERMEDIATES/YOUNG WOMEN - - HEPTATHLON**  
Day One- 100 M Hurdles, High Jump, Shot Put, 200 M

**INTERMEDIATES/YOUNG MEN - - DECATHLON**  
Day One- 100 M, Long Jump, Shot Put, High Jump, 400 M

## **SCHEDULE**

**SUNDAY 9:00 am Start**  
**YOUTH- - -- PENTATHLON**  
100 M Hurdles, High Jump, Shot Put, Long Jump, 800 M Girls  
1500 M Boys

**INTERMEDIATES/YOUNG WOMEN- - - HEPTATHLON**  
Day Two- Long Jump, Javelin, 800 M

**INTERMEDIATES/YOUNG MEN - - DECATHLON**  
Day Two- 110 M Hurdles, Discus, Pole Vault, Javelin, 1500 M

## **ADVANCING**

The top 2 finishers in each age group will advance to the Junior Olympic in Indianapolis Indiana. The third place finisher will advance only after meeting the pre established division and gender standards.

## **NOTE**

You must participate at this meet in order to be eligible to advance to the Junior Olympic National Championships. Intermediates and above must compete both days in order to advance. Waivers may be given as long as the request is done at the Association meet and all fees are paid and that we don't exceed our advancement number of 8 per division

## **AWARD**

JUNIOR OLYMPIC association medals will be awarded to athletes finishing 1<sup>st</sup> thru 3<sup>rd</sup>. However, there is a possibility that we will give medals to more places providing we have enough medals.

## **DIRECTIONS**

From the Northwest Going to **Los Osos** Headed east on the **210 f** exit on Miliken and turn Lt and the school is on the right hand side. Turn into the 2<sup>nd</sup> or 3<sup>rd</sup> entrance of the school and go straight back and the track is on the left. From the **15 fwy.** Go west on the **210 f** to Miliken exit and turn right and follow the rest of the directions.

**SCA USA T&F JUNIOR OLYMPIC ASSOCIATIONS  
MULTI-EVENT 2005 CHAMPIONSHIPS**

**DATE** MAY 7-8 2005

**SITE** Los Osos High School  
6001 Milliken  
Rancho Cucamonga, Ca. 91737

**STARTING TIME** 9: 00 am on Saturday 9:00 am on Sunday  
First call 8:45 am on Sunday

**SANCTION** Southern California Association USA T&F. USA T&F rules will apply with special provisions for youth athletics (Rules 300-303,305)

**HOST** Southern California Association –USA T&F Youth Committee.

**MEET DIRECTOR** Denise Smotherman (909) 595-5305 or 595-0103

**ENTRY FEES** \$12.00 Bantam thru Youth athletes \$ 15.00 for Intermediate and above. You may enter the day of the meet. Make all checks payable to SCA YOUTH . Returned check will be accessed a \$ 25.00 handling fee and can result in loss of check writing privilege to SCA YOUTH in future. Mail checks to.

Denise Smotherman hm # 909 595-5305  
165 South Dommer Ave. fax # 909 595-8446  
Walnut, Ca.91789

**ELIGIBILITY** **All entrants must have a current USA T&F membership number in order to compete in the Association meet and to advance to the Regional JO's championships**

**AGE DIVISIONS**

BANTAM	1995-96
MIDGET	1993-94
YOUTH	1991-92
INTERMEDIATE	1989-90
YOUNG MEN/WOMEN	1987-88

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High Jump, Shot Put, 200 M Girls 400 M Boys

#### **MIDGETS- - - - -PENTATHLON**

80 M Hurdles, High Jump, Shot Put, Long Jump, 800 M Girls  
1500 M Boys.

#### **INTERMEDIATES/YOUNG WOMEN - - HEPTATHLON**

Day One- 100 M Hurdles, High Jump, Shot Put, 200 M

#### **INTERMEDIATES/YOUNG MEN - - DECATHLON**

Day One- 100 M, Long Jump, Shot Put, High Jump, 400 M

## SCHEDULE

### **SUNDAY 9:00 am Start**

#### **YOUTH- - - PENTATHLON**

100 M Hurdles, High Jump, Shot Put, Long Jump, 800 M Girls  
1500 M Boys

#### **INTERMEDIATES/YOUNG WOMEN- - - HEPTATHLON**

Day Two- Long Jump, Javelin, 800 M

#### **INTERMEDIATES/YOUNG MEN - - DECATHLON**

Day Two- 110 M Hurdles, Discus, Pole Vault, Javelin, 1500 M

## ADVANCING

The top 8 finishers in each age group will advance to the Regional JO competition to be held on July 10-12, 2004.

## NOTE

You must participate at this meet in order to be eligible to advance to the Regional meet and the Junior Olympic National Championships. Intermediates and above must compete both days in order to advance. Waivers may be given as long as the request is done at the Association meet and all fees are paid and that we don't exceed our advancement number of 8 per division

## FACILITIES

The track is an all-weather 8 lane surface

## AWARD

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