



LONG BEACH SPRINTERS

LONG BEACH SPRINTERS YOUTH TRACK CLUB

3RD ANNUAL ALL-COMERS MEET

Sponsor: Long Beach Sprinters Youth Track Club

Sanctioned: The Southern California Association/USATF

Date: Saturday, February 11, 2006

Time: 8:00 am

Site: Veterans Stadium, 5000 E Lew Davis St, Long Beach, 90808
All weather track surface and runways. Restricted to 1/4" or less.

Directions: From **Los Angeles**: From 405 Fwy Southbound Exit at Lakewood Blvd. (North) Long Beach Airport. Bear right to E Willow St, turn right @ N Lakewood Blvd, turn right @ E. Wardlow Rd, right @ Clark Ave, left @ E. Lew Davis St.

From **San Diego**: Take 5 North (405 North) Los Angeles, existing Lakewood Blvd (North) Long Beach Airport. Bear right to E Willow St, turn right @ N Lakewood Blvd, turn right @ E. Wardlow Rd, right @ Clark Ave, left @ E. Lew Davis St.

Eligibility: Sub-Bantam -1998 or later, Bantam-1996-1997, Midget-1994-1995, Youth-1992-1993, Intermediate-1990-1991, Young-1988-1989

Limitation: Sub-Bantam, Bantam and Midgets are limited to three events.
Youth, Intermediate, and Young are limited to four events.

Sub-Bantams Events: 200M, Long Jump, 4X100 Relay, 4X400m Relay

Entry Fees: \$1.50 per individual event, and \$6.00 per relay. Entry fees are to be paid in cash or club check (**No Personal checks**).

Registration: Pre-registration is not a requirement. Registration will start at 7:00 a.m. and remain open throughout the meet.

Meet Director Chucky Hampton 562-428-2466 Meet Website: www.longbeachsprinters.org

Awards: Ribbons will be given to all participants

Check In: All participants in running events must check in with the clerk of the course when prior to each event.
Field event participants must report directly to the official in charge of that event.

Protests: USATF Rules will apply. Protest must be accompanied by \$25.00.

Concessions: A snack bar will be available

NOTE: Time schedule may vary depending upon number of entrants in each event. Four attempts will be given in throws and horizontal jumps. All Field events awards will be given @ each event; all others will be placed in team envelopes and given out at the end of the meet.

MEET WILL BE CONDUCTED RAIN OR SHINE



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ORDER OF EVENTS

START TIME: 8:00 A.M.

Running Events:

3000M RUN	MG, MB, YG, YB, IG, IB, YW, YM
80M/100M HURDLES	MG, MB, YG, YB
200M DASH	All Divisions
800M DASH	BG, BB, MG, MB, YG, YB, IG, IB, YW, YM
4X100M RELAY	All Divisions
3000M RACE WALK	MG, MB, YG, YB, IG, IB, YW, YM
4X400 M RELAY	All Divisions

Field Events

LONG JUMP	All Divisions
HIGH JUMP	BG, BB, IG, IB, MG, MB, YG, YB, YW, YM
SHOT PUT	YW, YM, IG, IB, YG, YB, MG, MB, BG, BB
MINI JAVELIN	MB, MG, BB, BG

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