

QUIET FIRE INVITATIONAL

Date: **MAY 6-7 2006**
Time: 8:00AM First call 7:30am both days
Site: **Serra High School**
Site Address: 14830 South Van Ness Avenue
Gardena, Ca 90249
Corner or Marine & Van Ness Avenue

Type of meet: Youth only

Eligibility: Competition is open to all athletes, to represent a club or organization, that group must be a current member in good standing, with USATF.

Entry Deadline: April 30, 2006

Entry Fee: \$3.00 per event, \$12.00 per relay, if received by April 30, 2006
Entries must be received not postmarked by April 30, 2006

Late Fee: \$5.00 per event \$20.00 per relay, if received after April 30 and on day of meet

Mail entries to: Lori-Smith Thompson
4540 Orange Avenue #215
Long Beach, Ca 90807

Club checks or Cashier Check
Make check payable to Quiet Fire Track Club

Meet questions: Shelton Hall 323-778-9558

How to enter: USATF Clubs are required to enter using Hy-Tek entry format downloaded to a CD.
Clubs with 10 or less athletes may use entry forms.
Day of meet entry will be allowed however the late fees apply, and athletes will not be seeded

Forms: Please use enclosed form for each age division, duplicate if necessary. List athletes best 2006 performance. Entries received without marks will be seeded in the slower heats.

Entry Limit: Sub-Bantam, Bantam, Midget- Three events including relays. All others four events including relays.

Divisions:

Subs	98 & later
Bantam	96-97
Midget	94-95
Youth	92-93
Intermediate	90-91
Young Women/M	88-89

Packet pickup: Opens 6:30am
Clubs may pick up packets beginning at 6:30am day of the meet, you may also add entries at this point until 10:00am both days, unless event is closed.

Facility: Eight lane all weather track. Two Long Jump Run-ways and High Jump area are all weather surfaces. Spikes 1/4 inch or less will be allowed. Tents in the upper rows only. A separate field will be available for teams to set up tenting.

Awards: Custom medals will be awarded to the first 3 place finishers in each event, including relays. Ribbons will be awarded to the 4th thru 8th place finishers.

Team Awards: Division Plaques will be issued to the top two teams in each division from subs thru youth. Using the 10-8-6-4-2-1 scoring system. Host team will be excluded from division awards.

Concession Stand: A full concession area will be included with Starbucks and Jamba juice providing refreshments

Meet Results: The full results will post on www.eteamz.com/quietfire

Schedule of Events

Saturday May 6, 2006

1500M	Race-walk	Final	BG BB MG MB
3000M	Race-walk	Final	YG YB IG IB YW YM
100M	Dash	Semi	All Divisions
400M	Dash	Final	BG BB MG MB YG YB IG IB YW YM
110M	Hurdles	Final	IB YM
100M	Hurdles	Final	YB YW IG YG
80M	Hurdles	Final	MG MB
4X100M	Relay	Final	All Divisions
3000M	Run	Final	MG MB YG YB IG IB YW YM
5000M	Run	Final	YM
100M	Dash	Final	All Divisions
4X800M	Relay	Final	MG MB YG YB IG IB YW YM

Field Events

High Jump	Final	MG MB YG YB
Mini-Javelin	Final	BG BB MG MB
Javelin	Final	YG IG YW YB IB YM
Long Jump	Final	YB YG SBG SBB IG IB YM YW
Shot Put	Final	MG MB YG IG YW YB IB YM BB BG

Sunday May 7, 2006

1500M	Run	Final	BG BB MG MB YG YB IG IB YW YM
400M	Hurdles	Final	IG IB YW YM
200M	Hurdles	Final	YG YB
800M	Run	Final	BG BB MG MB YG YB IG IB YW YM
200M	Dash	Final	All Divisions
4X400M	Relay	Final	All Divisions

Field Events

High Jump	Final	BG BB IG IB YM YW
Discus	Final	MG MB YG YB IG IB YW YM
Triple Jump	Final	YM IB IG YG YB YW
Long Jump	Final	BG BB MG MB
Pole Vault 11:00 start	Final	YM YW YG YB IG IB

**Must submit
with entry forms**

QUIET FIRE INVITATIONAL TRACK MEET

ENTRY FEE SHEET

GIRLS

Sub-bantam Girls individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Bantam Girls individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Midget Girls individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Youth Girls individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Intermediate Girls individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Young Women individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

BOYS

Sub-bantam Boys individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Bantam Boys individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Midget Boys individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Youth Boys individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Intermediate Boys individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Young Men individual events _____ x \$3.00= _____
 Relays _____ x \$12.00= _____

Total _____

Hotel List

Residence Inn -Torrance
3701 Torrance Blvd
Torrance, Ca 90503
310-543-4566
\$129

Courtyard Torrance
1925 West 190th st
Torrance, Ca 90504
310-532-1722
\$109

Towne Place Suites
14400 Aviation Bl.
Hawthorne, Ca 90250
310-725-9696
\$89

Spring Hill Suites
14620 Aviation Bl.
Hawthorne, Ca 90250
310-727-9595
\$99